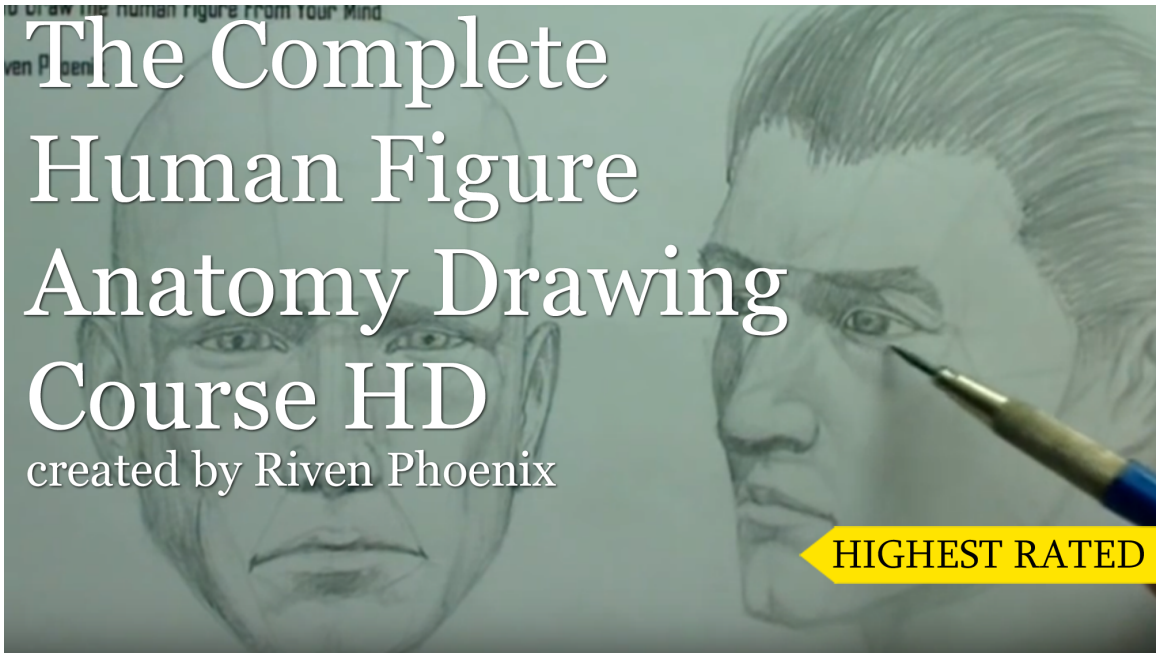

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 152 - The Muscles of the Arm - Part 14

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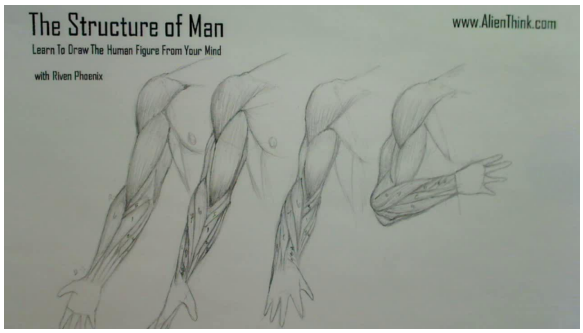
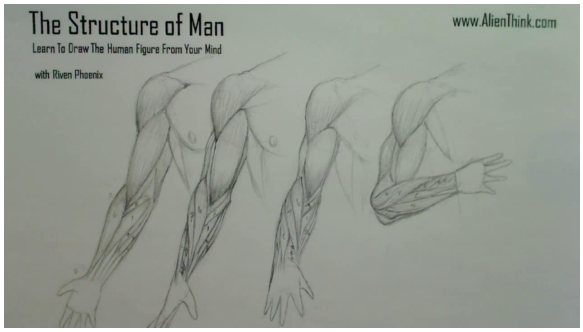
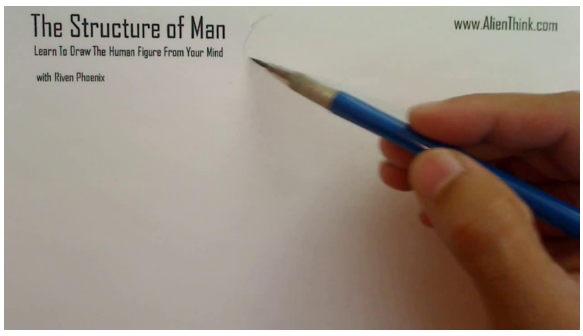
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man alone to draw the human figure from your mind training course.
2		Okay, so now we've come to a very big milestone in thinking about the human figure because we can now take all these ideas that we've put for the muscles so far that we've understood to start to create an actual illustration and you'll see how easy everything is going to become.
3		So to do this, what we're going to do is lay out a figure here. So to do this, we're just going to start out with some our idea for the basic shape.
4		So first let's put down let's say that here what we want to do is draw out let's say a head that's going to be facing this direction over here.

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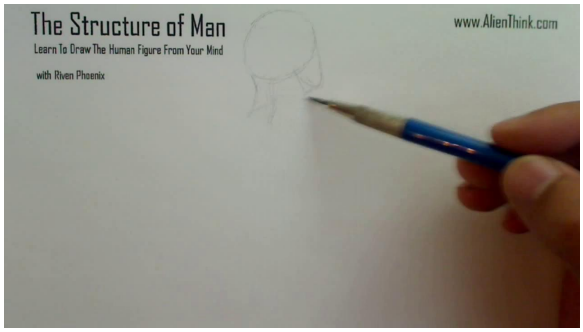
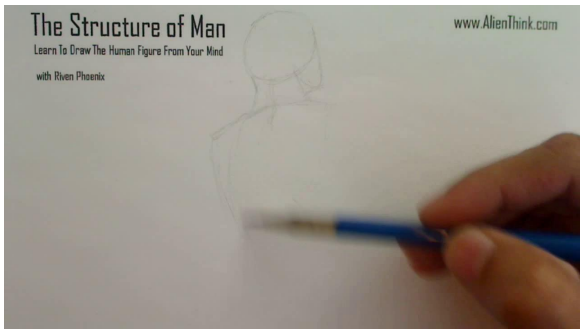
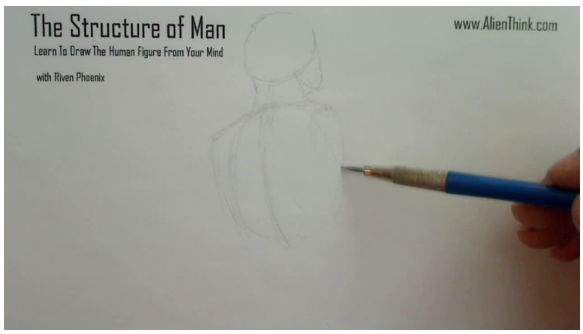
5		Right, so I want I want this guy to be kind of like this over here just like this. Right, so now we're just going to do a a gesture drawing system along with our idea for the the mannequin system.
6		Right, so here you'll see that we really don't even have to use the whole concept of the the toolkit, but we can when we're drawing out like different ideas here. Right, so here I'm just going to basically lay out like a concept here, but when I get in here, I definitely want to understand.
7		Okay, well, how big is really going to be a chess cavity and you can basically now start to assume how big things are supposed to be. Right, so here we're going to say that, okay, well, the chess because the way the neck is over here, the chess cavity is going to be basically going like this over here, just like this kind of like this, right.
8		So now when you get that idea, you can start to think about, okay, well, what we want to do is now think about our mannequin system, right, we know that we're going to get this area over here and then we'll start to get that area we talked about for like that underwear system, right, we know that the underwear system is just going to go like this or something.

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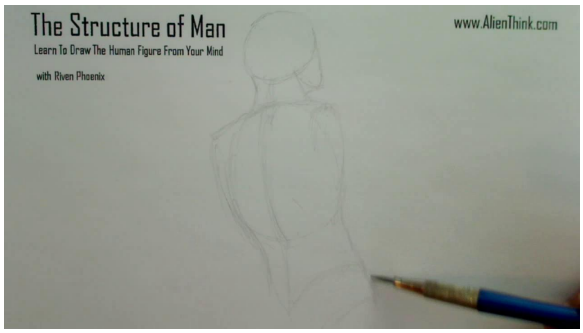
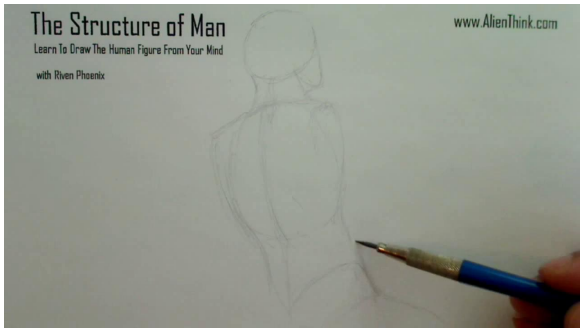
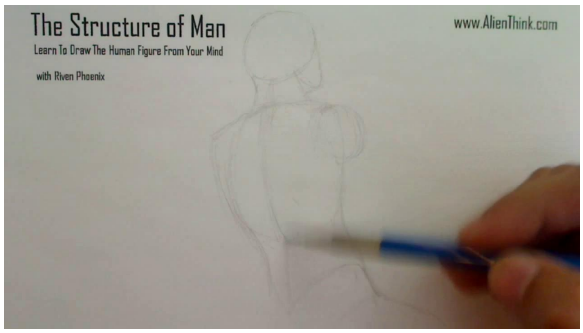
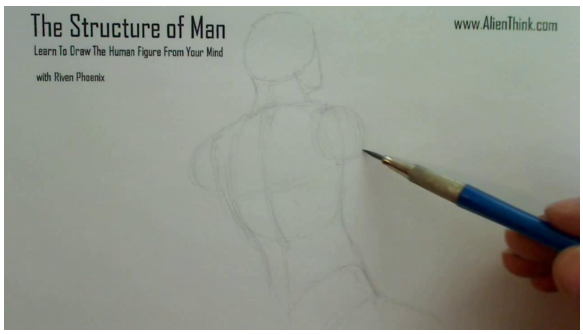
9		So here, let's say if we bent his leg, it would really be going here because this this point here in the underwear system is what solves that big issue in understanding it.
10		So we know that the love handles are just going to be going here meaning the obliques, right, so here we can now begin to understand, okay, well, let me first put down like this basic idea for my ball shape, right.
11		So I know that right about here, I'm going to get basically the center for where the peg muscles are going to be on the other side, right, it's going to be a very simple idea here. So look how I'm just all I'm doing is just drawing up the whole mannequin system.
12		So then we'll say that okay, from from this system, what we want to do is not just draw out, let's say, this idea here that we want to take the the forearm like this, right, we already know that we're going to be able to solve this because we just did an enormous amount of exercises.

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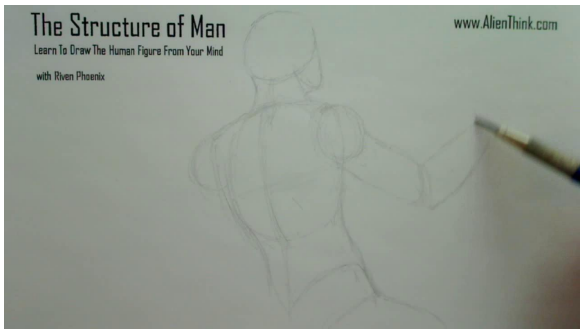
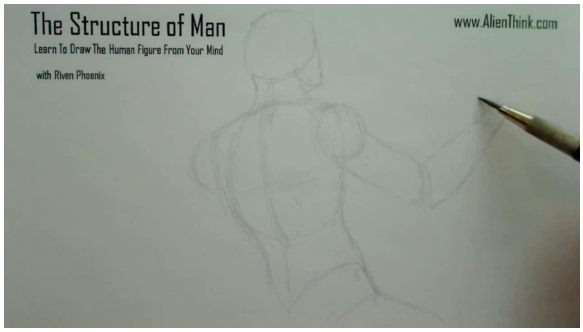
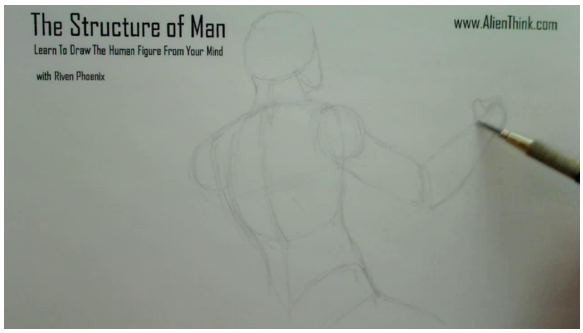
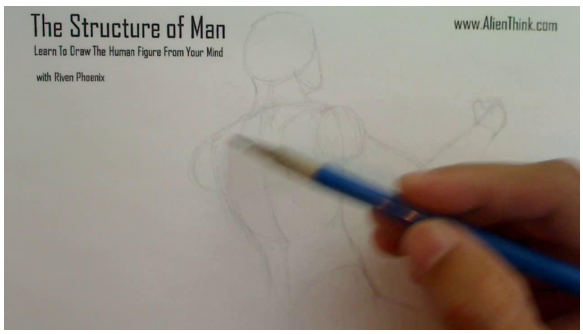
13		So here we can do like, let's say for for the hand, it's going to be very simple, we just need to think about the hand in this box shape over here and we know that okay.
14		Well, I can just get it to look like this over here, do it like a like it's it's his whole fist over here coming like this.
15		Right, so I'm just showing you that the mannequin system is going to solve pretty much a lot of our problems in thinking and we know that right we're going to get this shape here and we know about this over here.
16		Right, again, you can just be organic about this. You don't have to be so symmetrical. Right, because that's the beauty of the mannequin system.

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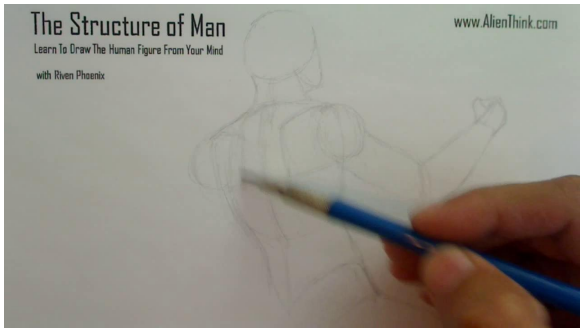
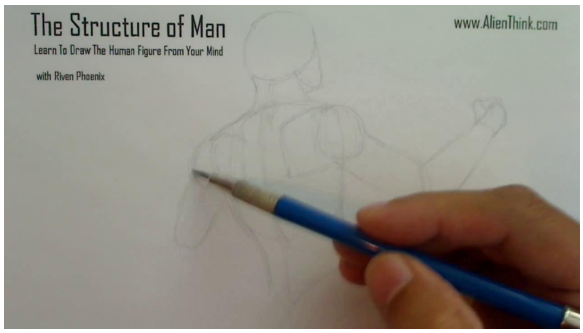
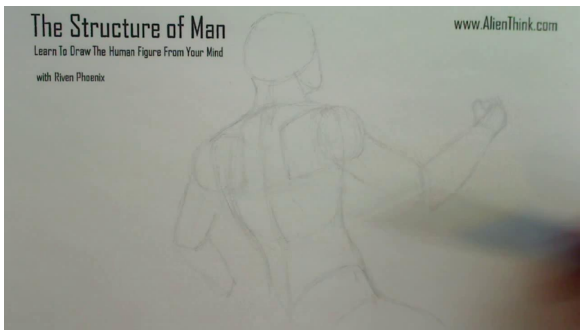
17		It allows us to just think, right, look, this is going this way and then you know it's going to curve, right, because it's on a 3D idea here, just a little bit it's going to curve.
18		Right, so over here, let's say that this for this hand, I just want to do it this way over here.
19		I want to make this one going a little bit of like this idea of perspective and this one, I'm just going to do it like this.
20		So this is where you're going to start to think, okay, this is going away from me and this is going to be like this and and let's say that over here for this guy, I want to kind of like do the same thing.

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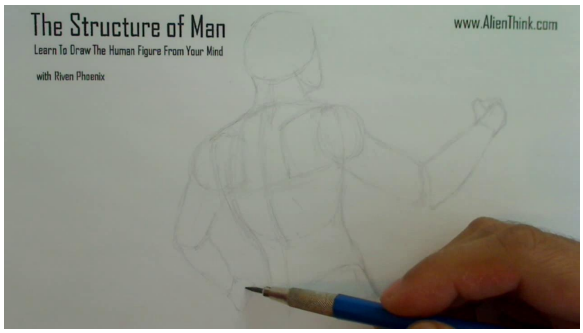
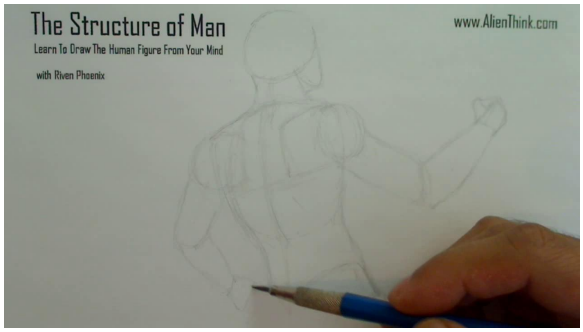
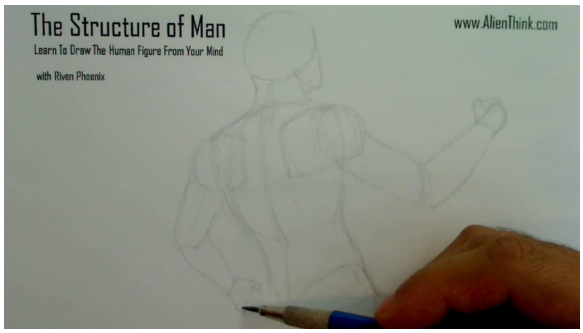
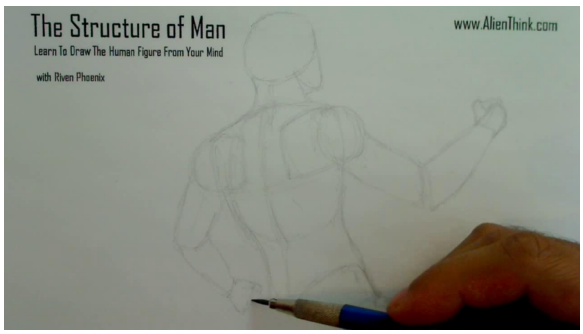
21		I want to like make it into a fist, right.
22		So now the thing is that you already have your hands in front of you, right.
23		So if you're having let's let's actually not make this a bit.
24		Well, we can make it make it make it into a face is not going to be that difficult, right.

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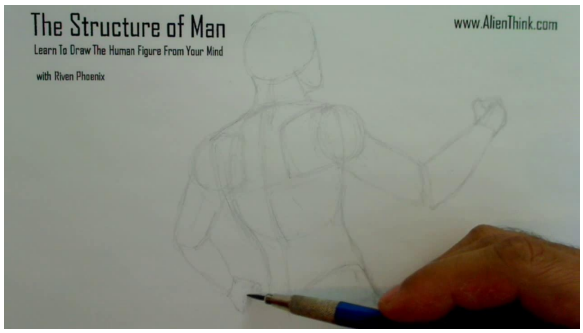
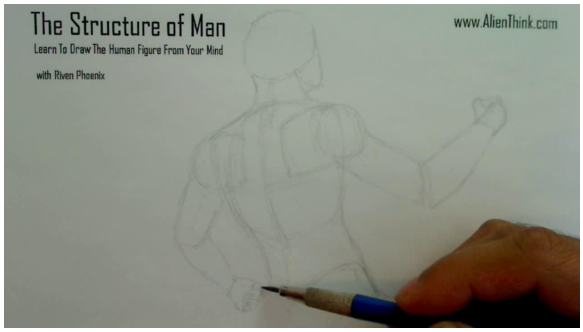
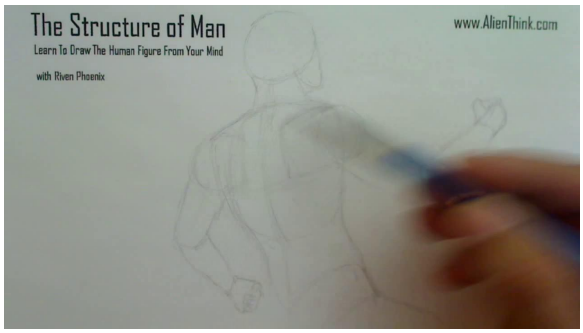
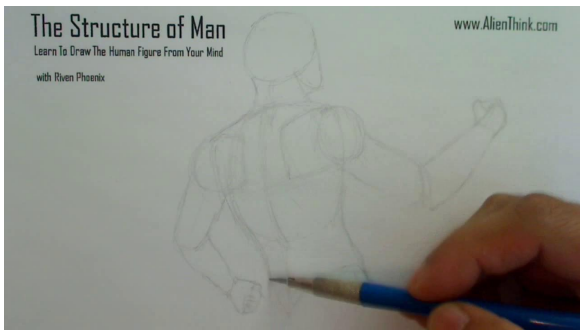
25		So here we can just think about all the fingers over here and just start thinking about some of the basic components, right.
26		And just use your hand to make a fist and to draw this part out right first conceptually get it like this to see the size at least.
27		But here I'm just going to draw it out much more later.
28		So here I've got this this idea here going in this way.

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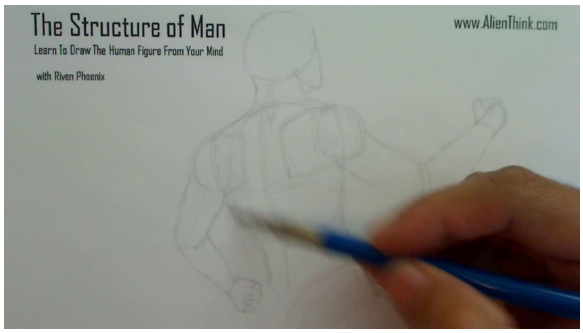
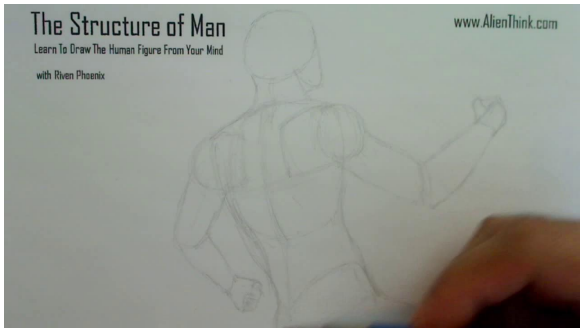
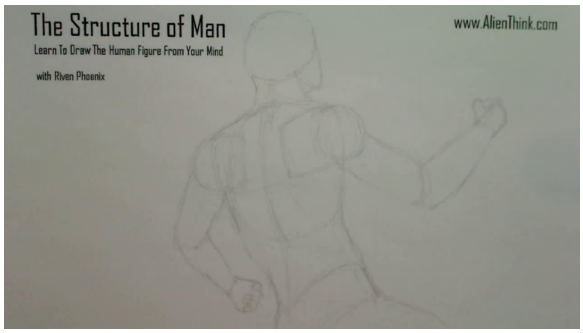
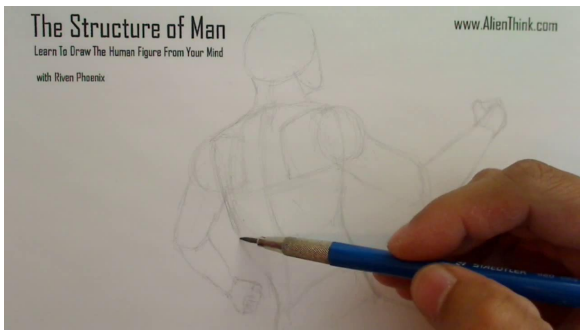
29		So I know, okay, well, the the the del toy muscle is going to be kind of like coming like this and here I'm just going to meet.
30		I'm going to go off the paper, but here I'm just thinking in 3D about this this whole idea over here, right.
31		Here what we're doing is now just thinking, okay, well, look, if the body is kind of coming this way, what would happen to the door sign muscle.
32		But it's probably going to come out a little bit like this and it wants to come in this way over here like this, right.

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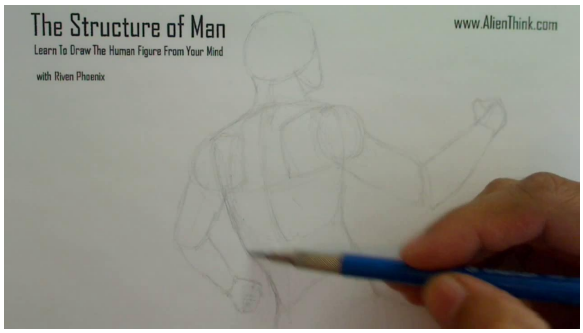
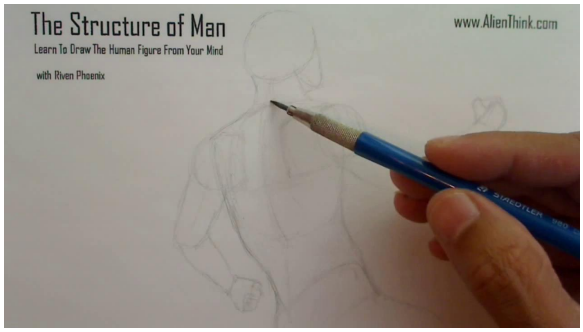
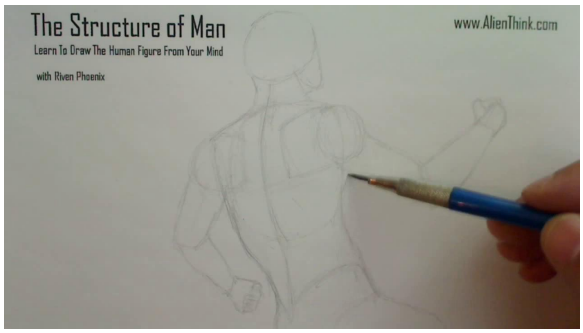
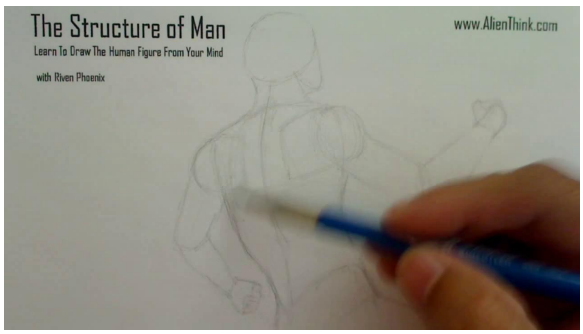
33		Because you got to think about a little bit about the whole idea of this back muscle can move also.
34		And and this is the the understanding that we will like ideas like this.
35		We will have to go through in in drawing up when you're drawing at the figures you got to think about the whole idea.
36		How do you want to do this, right.

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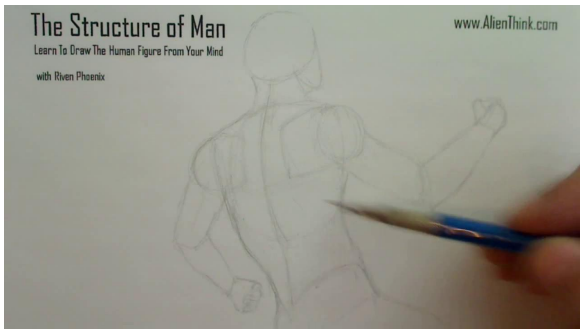
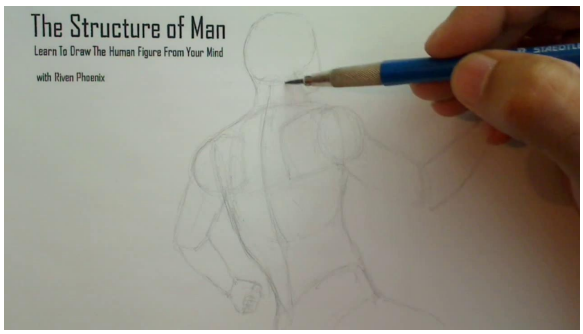
37		You just have to go through several figure drawings to really get the experience of understanding what is all the that organic stuff kind of stuff that we can do.
38		So here we're just going to draw it out like this.
39		So we're going to say that, okay, well, the neck is really here.
40		So I know I'm going to start to get like the muscles over here.

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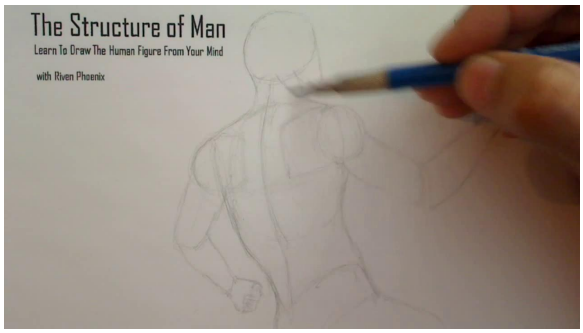
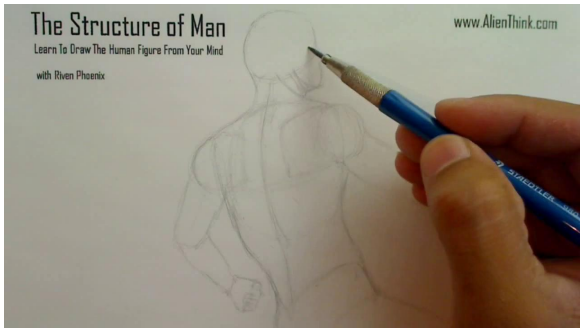
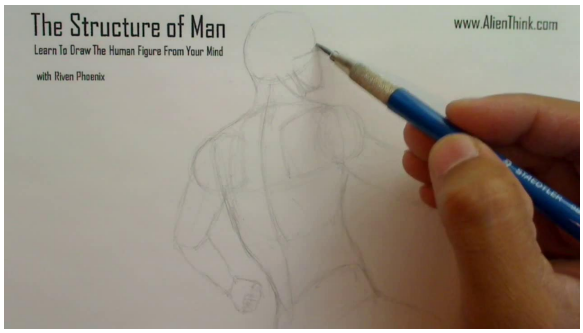
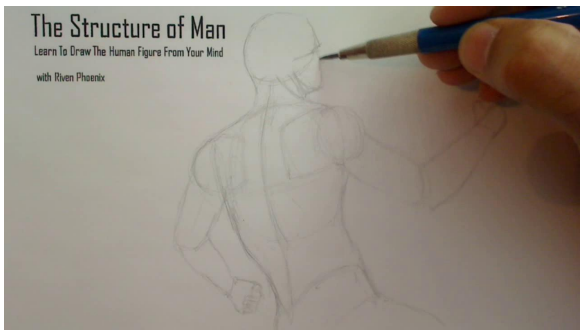
41		And then here I'm going to get the that other neck muscle is just going to go down and here I'm just going to work with a little bit of shadow to start to see some concepts.
42		Right. So here I know that, okay, his eyes, his eyes are going to be here.
43		So basically I'm going to get like a like a template system over here.
44		At least he's almost like facing actually will make you so he's facing facing sideways over here. Right.

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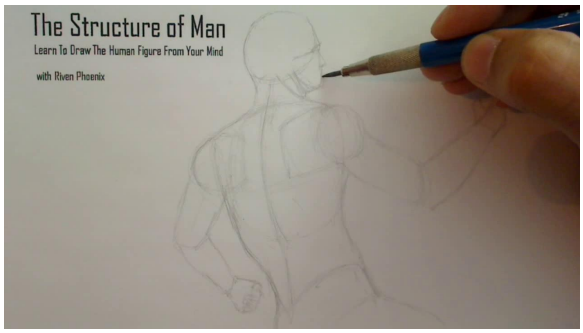
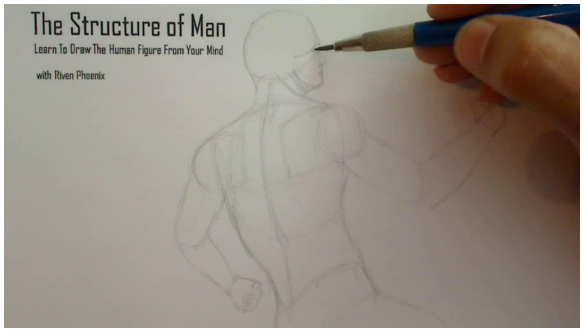
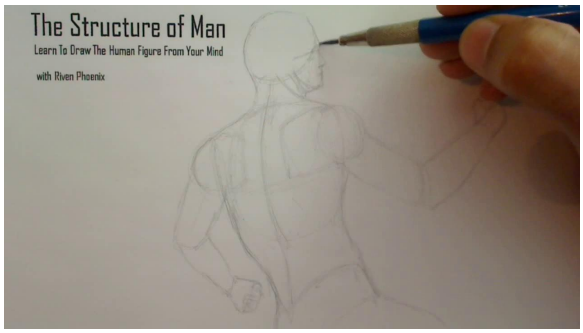
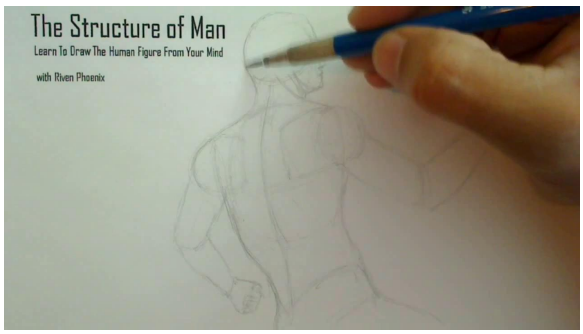
45		So we know that right. The lips are going to be here. Right.
46		We don't even need that template on the face, but you can add it if you want to, right.
47		You can just start to now basically get the concept of how this whole mechanism is going to be working.
48		So I want to I'm trying to make the head go kind of like here on the side, but it's also it.

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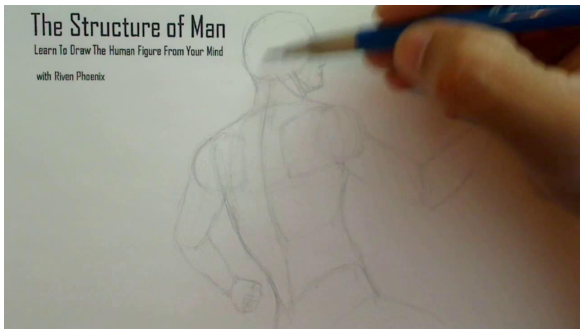
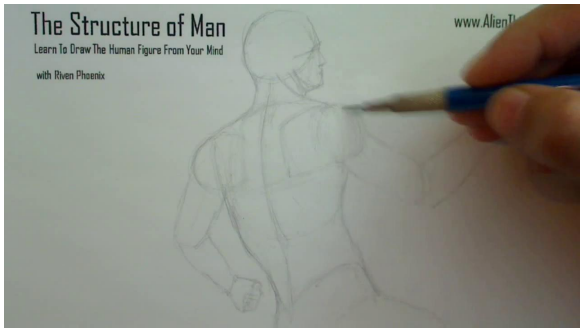
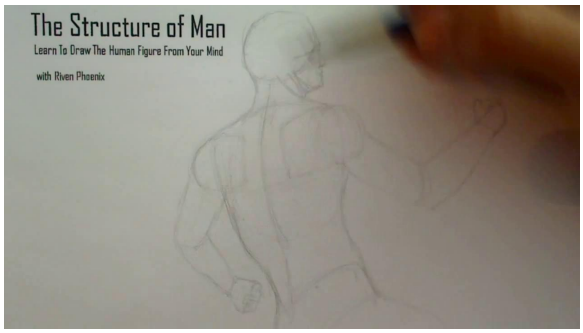
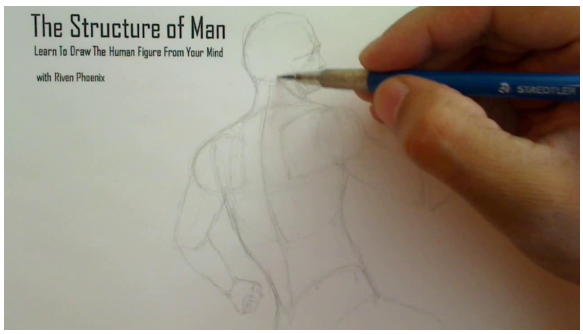
49		And but this body is like moving here and there, right.
50		Okay. So once we get this, we can now start to think about mapping the muscles.
51		Right. And here we're going to be we're going to be kind of organic with it.
52		Just to show you that because we understand the muscle, we can really do pretty hard things with the muscles.

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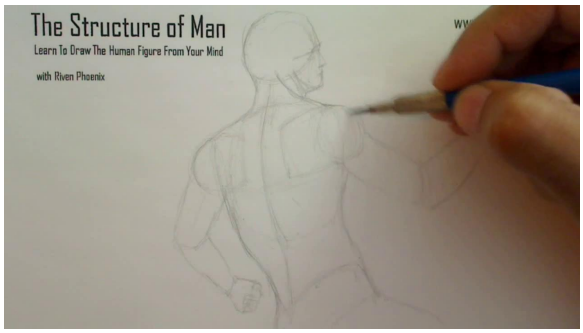
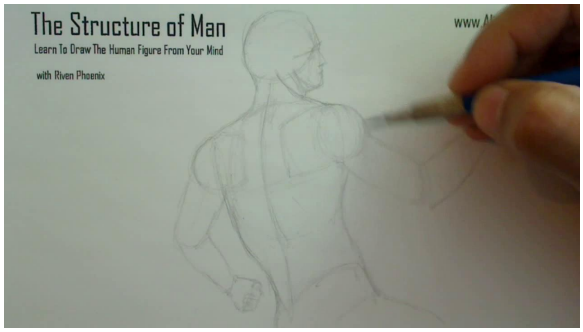
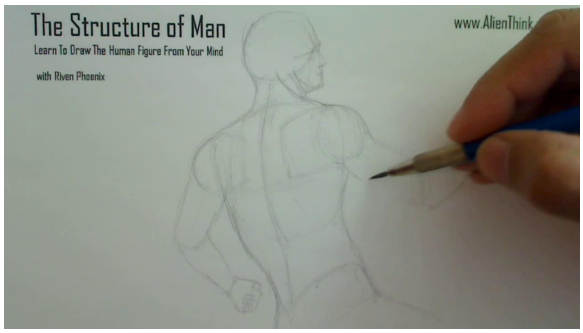
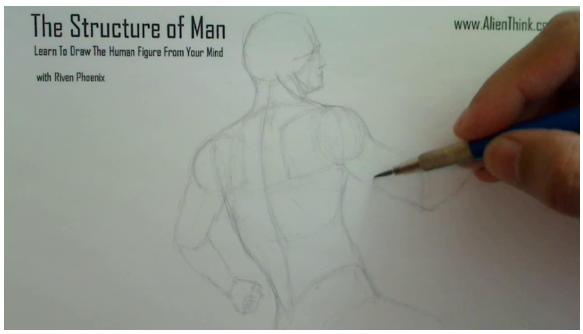
53		Right. Because we can now start to think, okay, well, this is going to be kind of organic over here.
54		I wanted to go here, not let's think about this area here, right.
55		So we know that okay, the the the elbow over is going to be basically about here.
56		And what I want is it's going to be coming kind of like this over here for the tricep, right.

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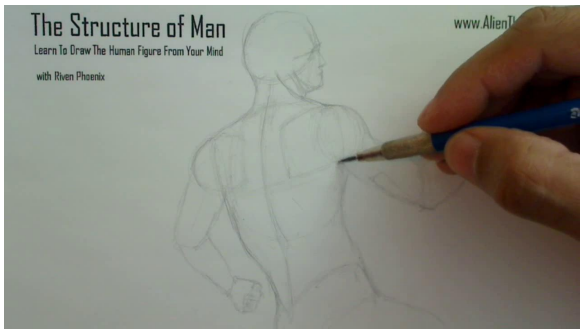
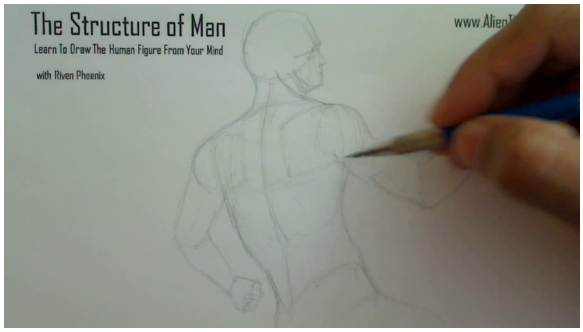
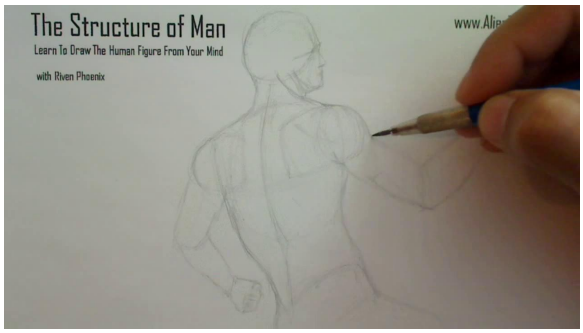
57		And then over here, I'm going to.
58		It doesn't matter where this guy is ending, you got to look at the whole situation over here to where is really the idea coming from right here.
59		I'm going to get my my deltoid muscle.
60		So it's going to be close over here. I'm just going to get a connection for the tricep muscle first.

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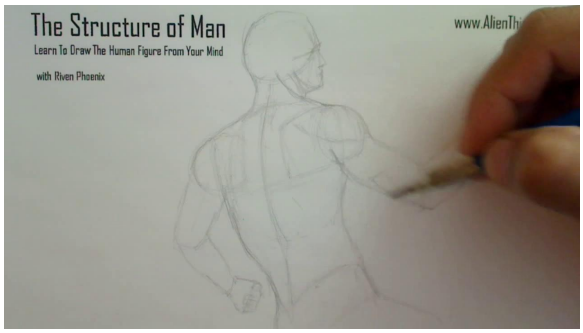
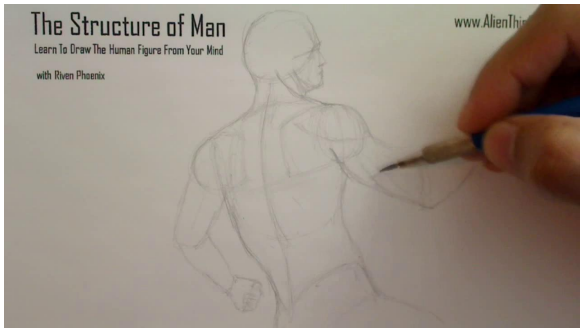
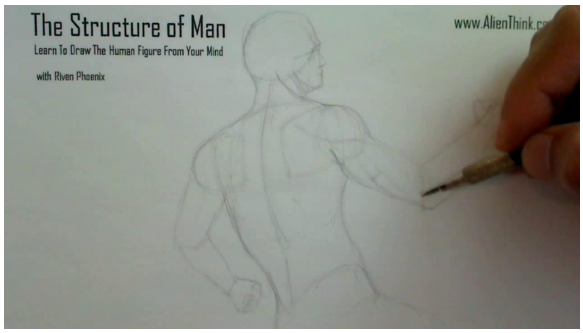
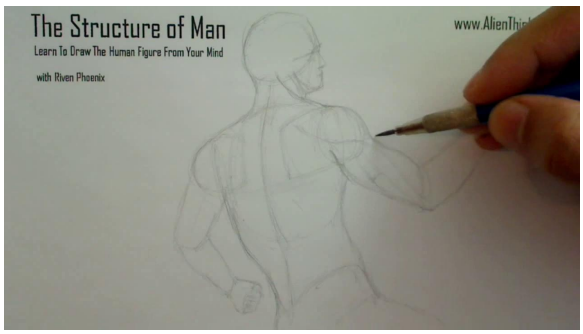
61		So let's just lay out all the muscles first before we do anything over here, right.
62		So here we know, okay, well, the tricep muscle is just going to be kind of big over here.
63		It's going to be going in this way. And then I'm going to start to get my bicep muscle just like this, right.
64		I'm going to get the bicep over here. So these are going to be the tricep muscles.

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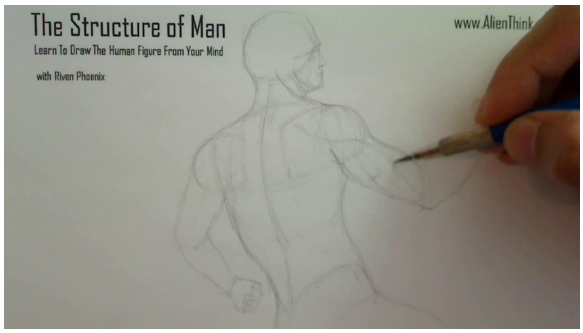
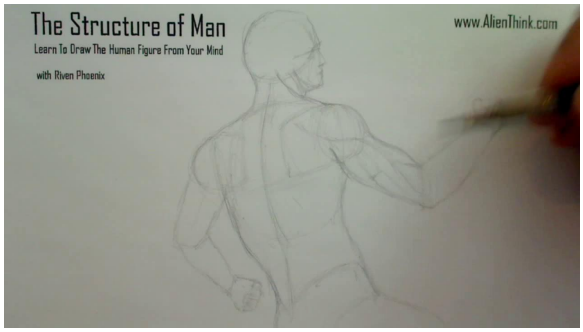
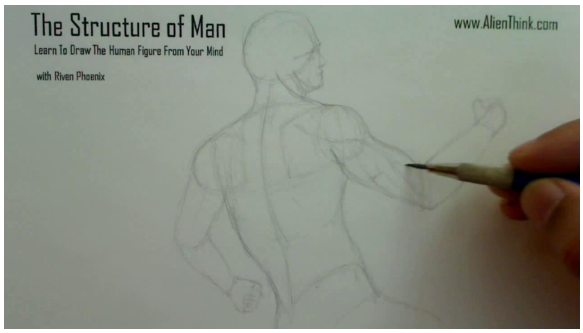
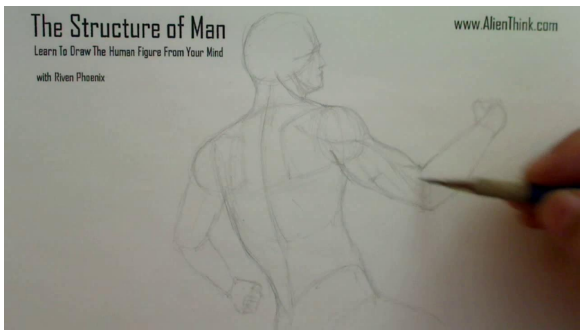
65		And don't know over here, I know that this guy here, I'm going to start to get that muscle.
66		But look because of the way the clay system is, I'm just going to get it to go like this, right.
67		But we know that the muscles are here, right.
68		We know that six and seven are always going to be here.

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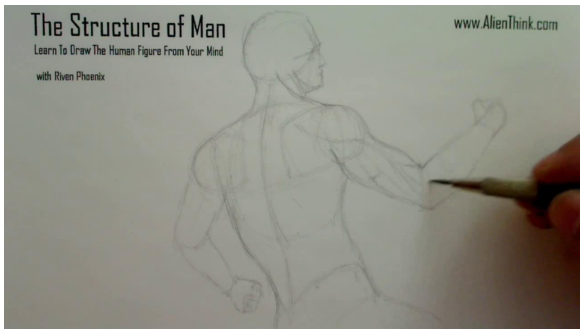
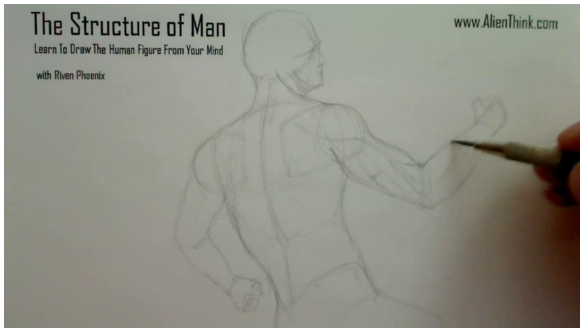
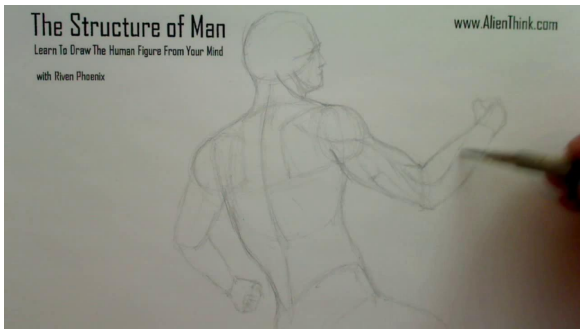
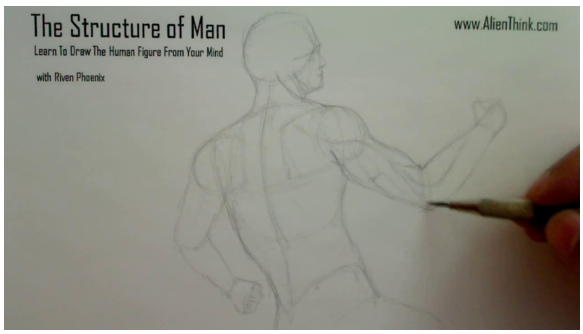
69		And then we can now figure this out, right.
70		Six and seven are really just going to go like this, right.
71		Just think about the whole concept here, right.
72		And here I'm just going to get my elbow over here.

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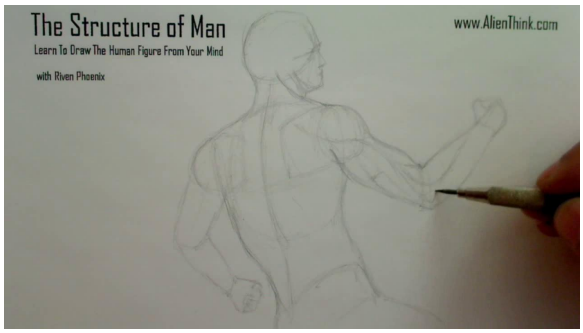
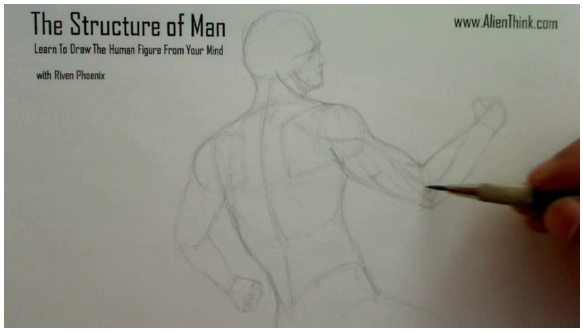
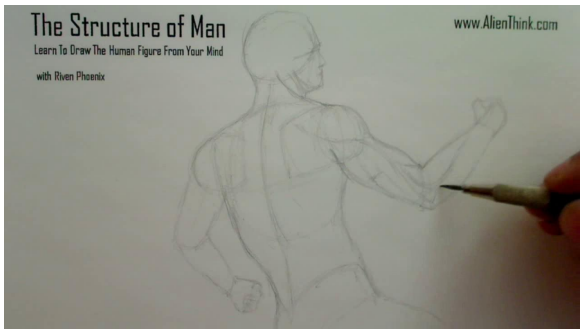
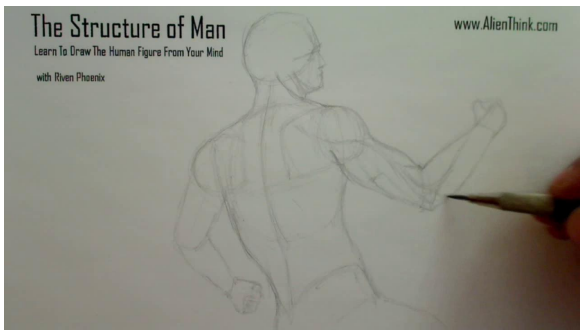
73		So I'm going to think about this over here a little bit, right.
74		So it's going to be very close six and seven.
75		And then I'm going to get my muscle over here from within this.
76		I'm going to get muscle a, right. So when I get muscle a, I know that okay.

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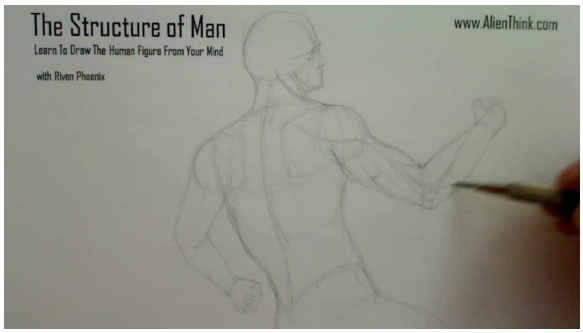
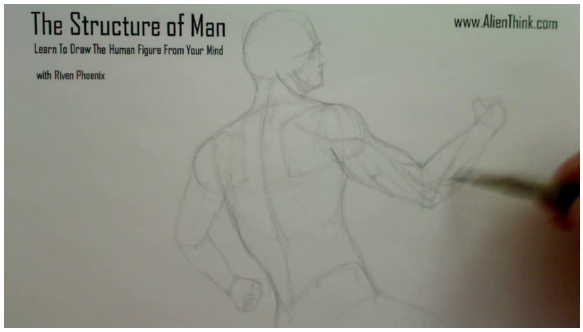
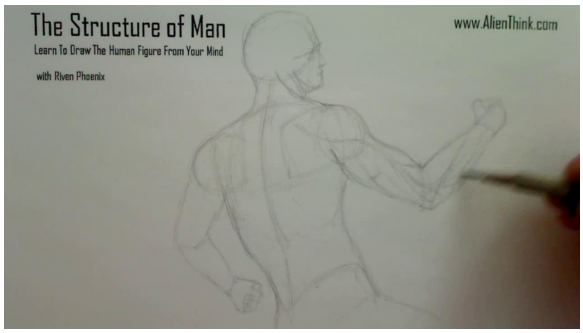
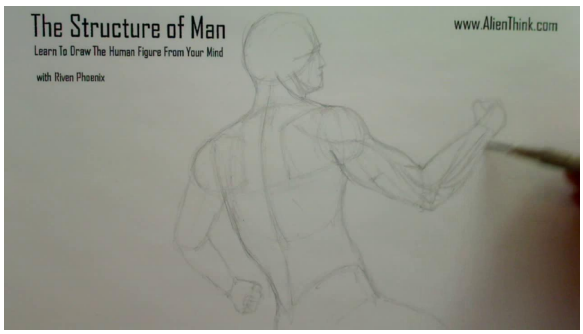
77		I'm going to get now my muscle B, right, muscle B.
78		And then I'm going to get muscle C.
79		And then over here, I'm going to put this, I don't want to, I'm trying to not put it too dark here.
80		But you can see how this whole, how all you have to do is just think about this, right.

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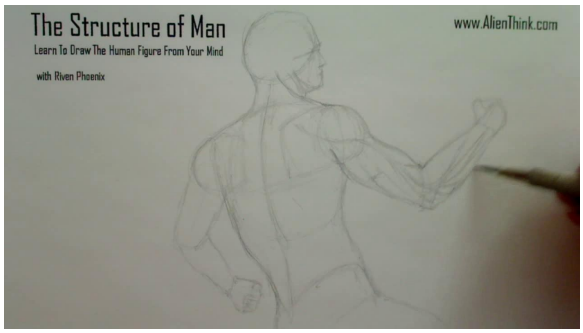
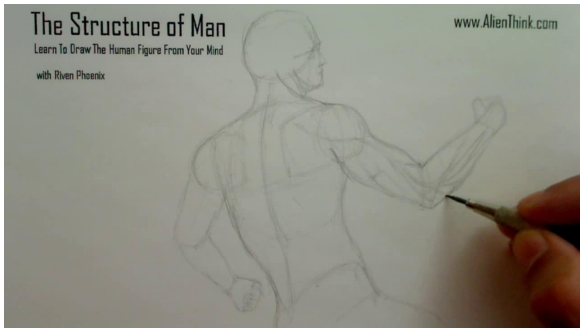
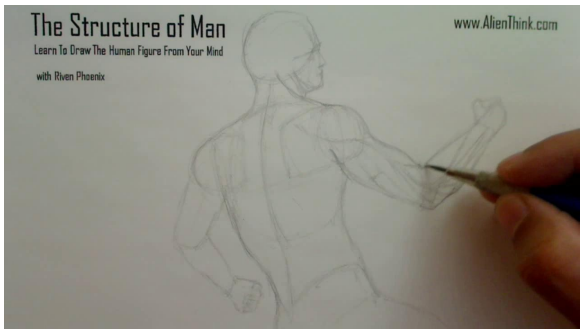
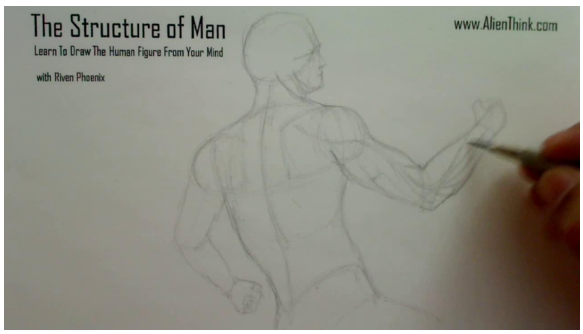
81		So this is why what's going to happen is that when the elbow goes now, we can see that okay.
82		We're going to get this curve here, this bump here in that idea that we're doing, right.
83		So you're going to get to get it to go like this.
84		And then where the C is, I know that I'm going to get D in all of a sudden these two guys come in the middle.

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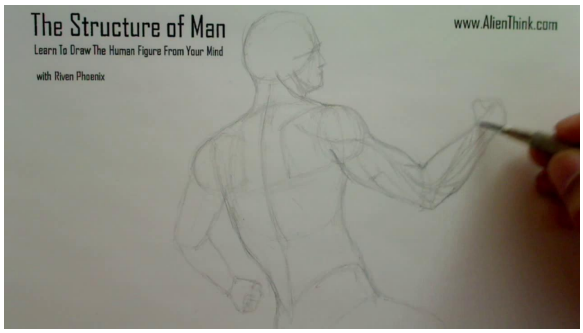
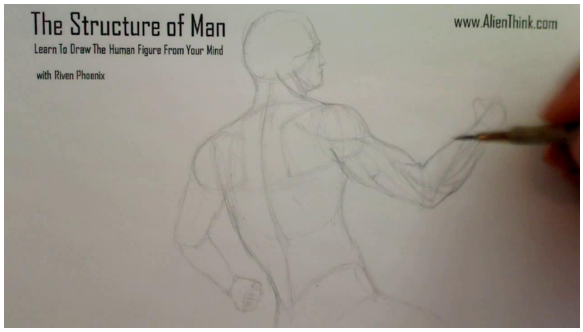
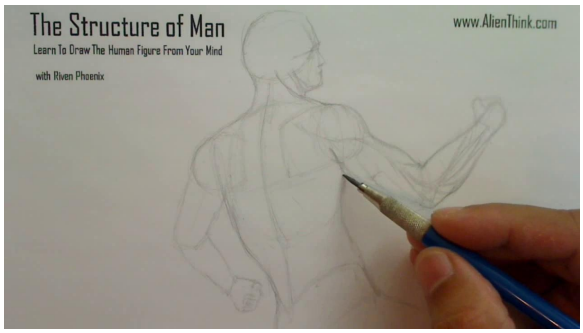
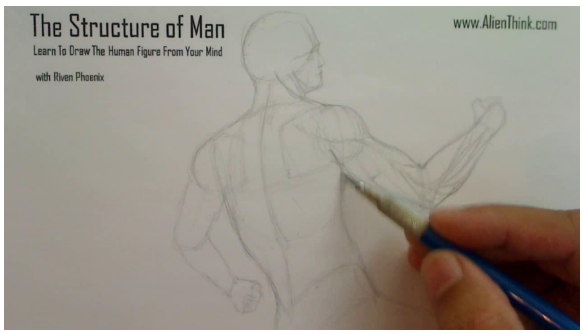
85		So we can just pretty much map out the whole system here just like this.
86		Okay. So we can start to see. And then when we shade this stuff in, right.
87		It's all going to start to make sense. So we know that okay.
88		I'm going to see at least a little bit of the chest muscle on that side.

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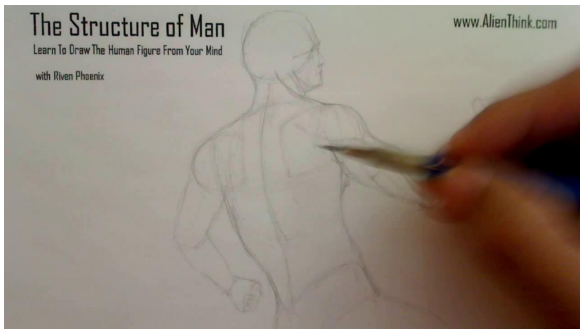
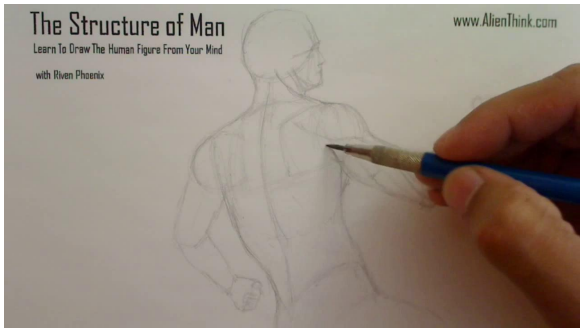
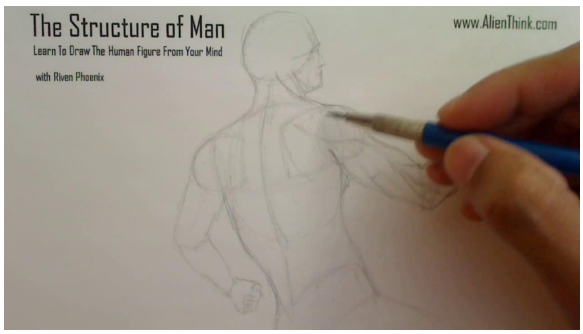
89		Right. So now we know this connection already.
90		We know that okay. Let me think about this whole whole thing here now.
91		Okay. So I know that the, the scapula is just going to be like this.
92		Right. You can just imagine where how everything is being put together, right.

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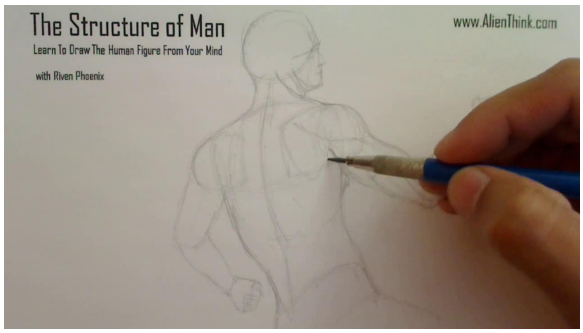
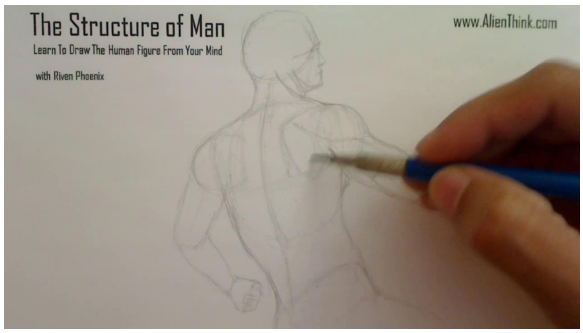
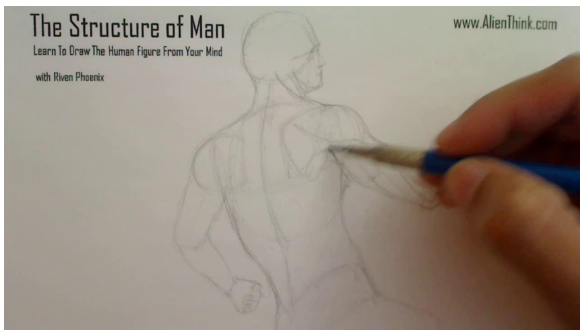
93		Just imagine. And then over here, I know that okay.
94		Well, depending on how I'm going to do this.
95		So let's say that the, that muscle is going to go here.
96		And I know that that's going to go here.

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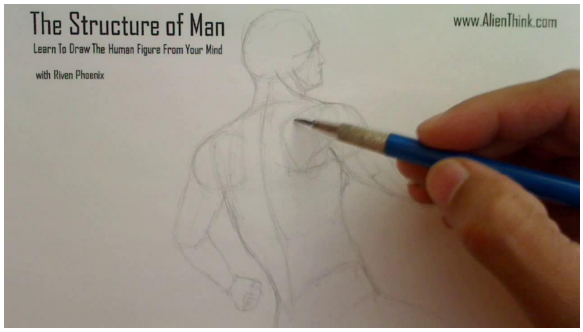
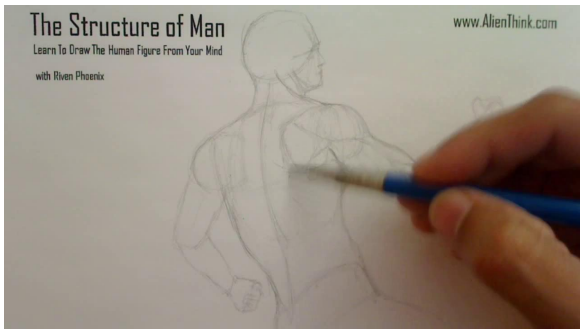
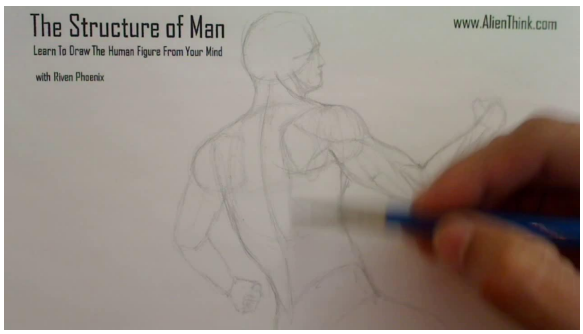
97		So basically this area here, I'm going to start to get the door side muscle going in this way.
98		Right. So then I'm going to get that, that other muscle over here.
99		So I, we just need to simply map them out.
100		Right. And you'll see that when we get to surface anatomy.

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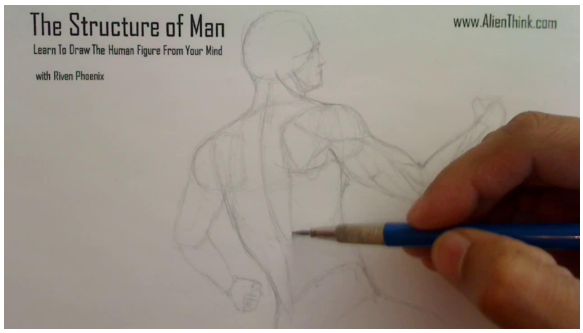
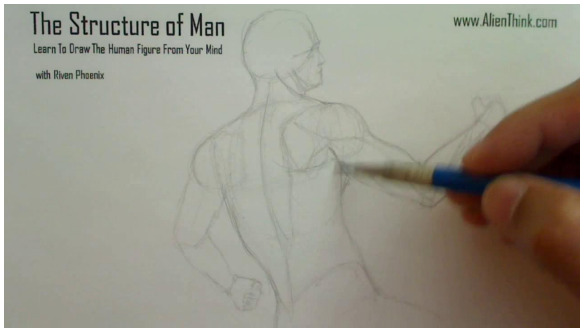
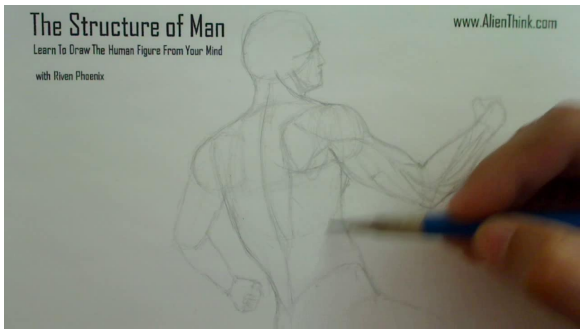
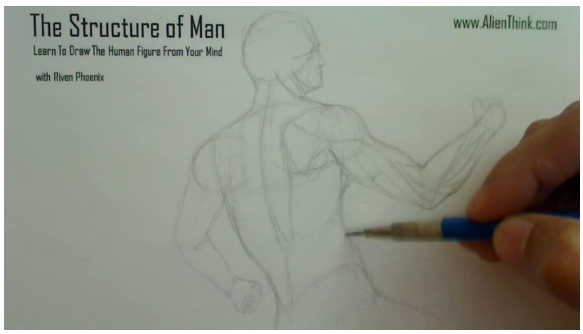
101		When we add the surface anatomy, everything's going to start to change.
102		Right. And then over here, we know that right.
103		It's going to be kind of like coming more in.
104		So we're probably going to get this more in like a darker area.

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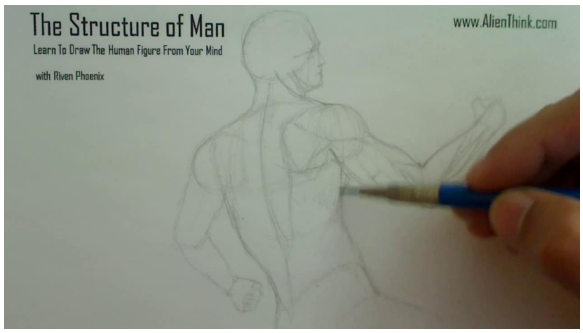
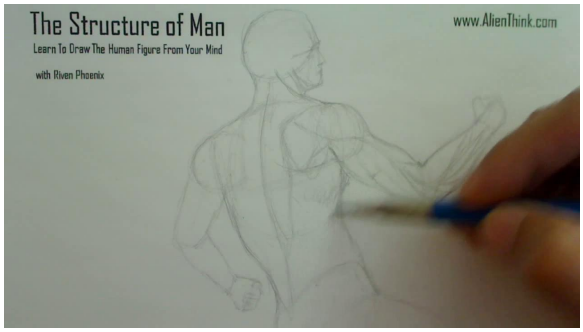
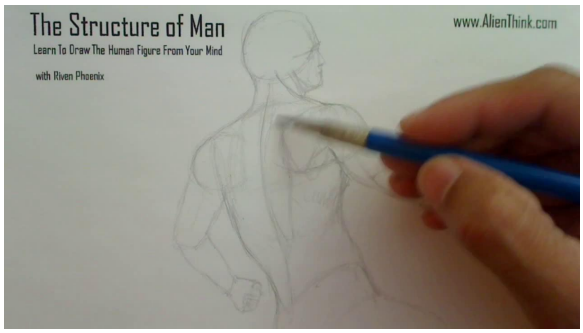
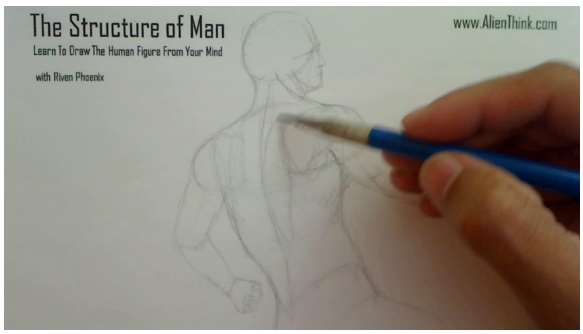
105		Right. All this stuff is really just trying to get to the other side over here.
106		Just like that. Right. Just simply map it out in this way.
107		First, right. So you know that right.
108		Over here, we know how this system is going to work.

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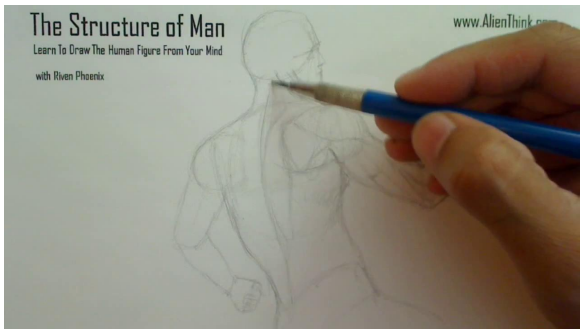
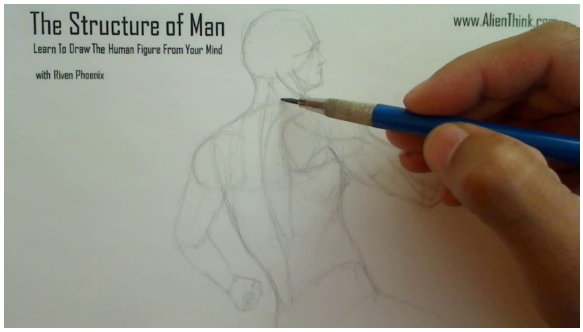
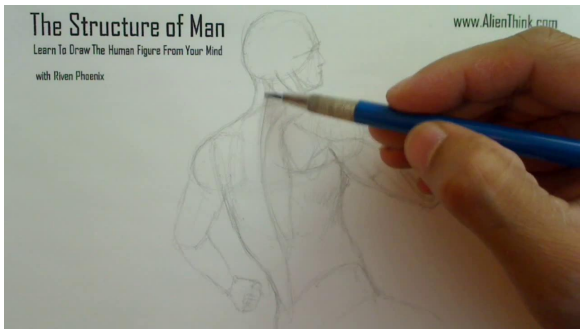
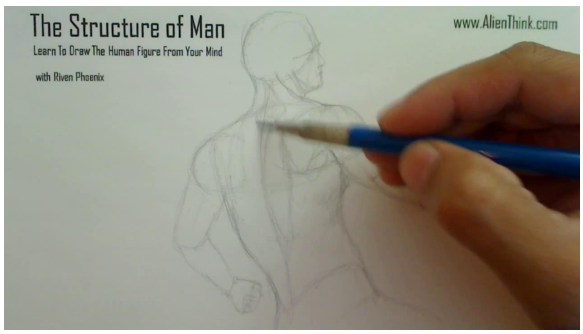
109		It's just going to be like this over here.
110		Right. So he's kind of like stretching on the other side.
111		And then over here is probably going to be something like this.
112		You just have to think about the whole thing.

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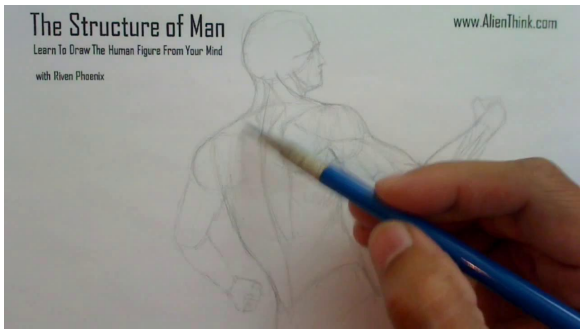
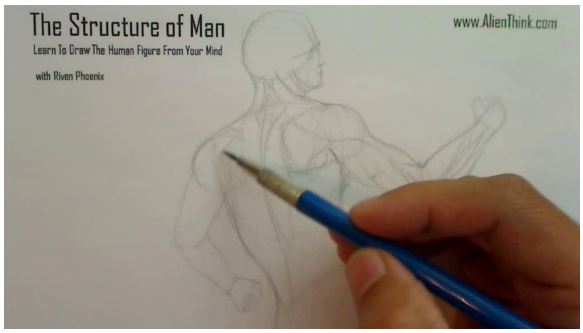
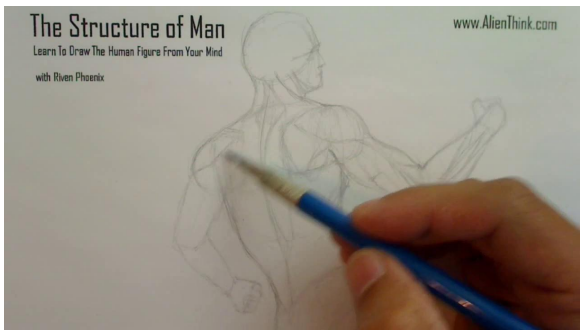
113		Right. So over here, I know that I'm going to get this over here.
114		I know that over here, this guy really is trying to try to go on the other side.
115		So this is where we can think of this in two separate surfaces.
116		Right. And then over here, we're just going to get like that connection that we were talking about over here.

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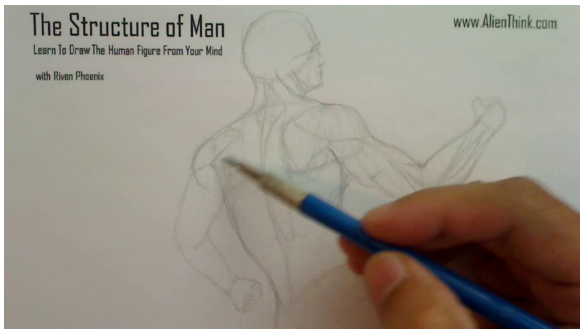
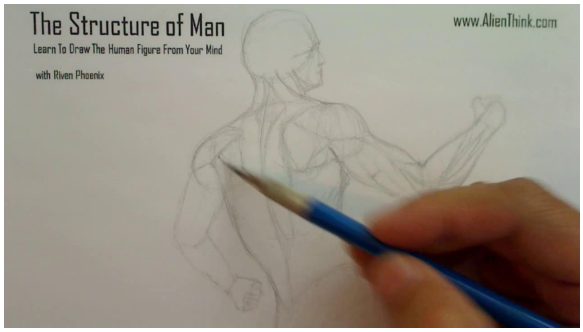
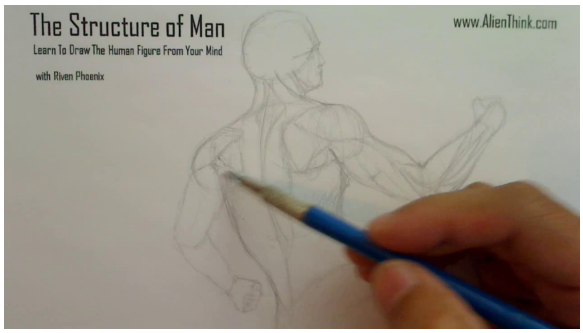
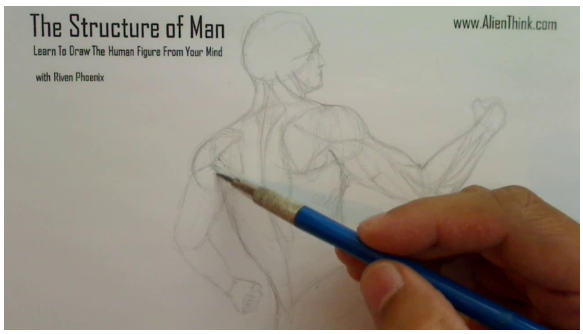
117		Right. So here I'm just going to do the same thing,
118		saying that okay, we understand how this whole connection system works,
119		but really because of the way the muscles are, right.
120		You're really not going to get to see much of anything.

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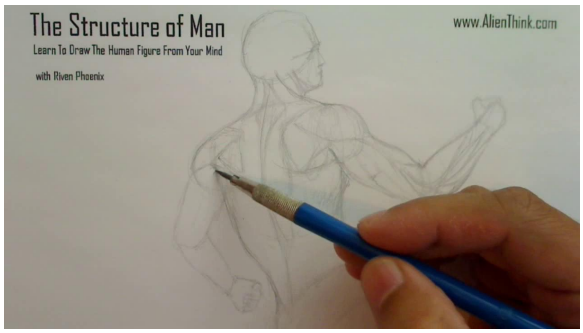
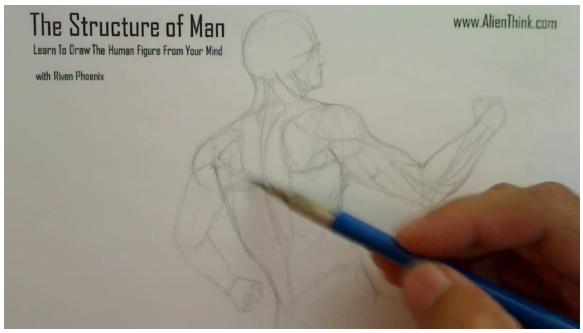
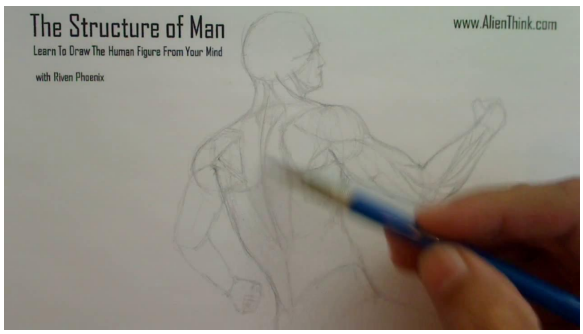
121		You're just going to get like a line over here like this probably.
122		Right. And then here we're just going to get the door side muscle coming in.
123		So we know that, right, this is very simple.
124		I'm going to get really like a line over here for the back.

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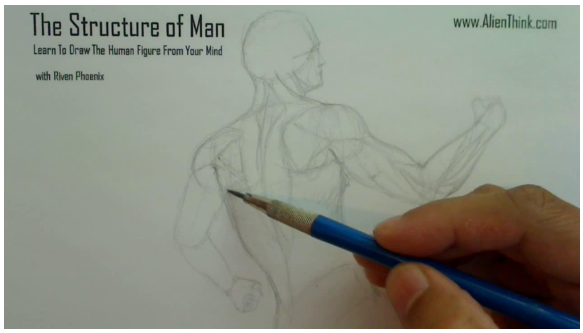
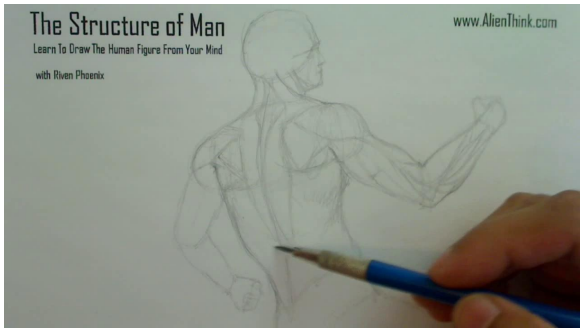
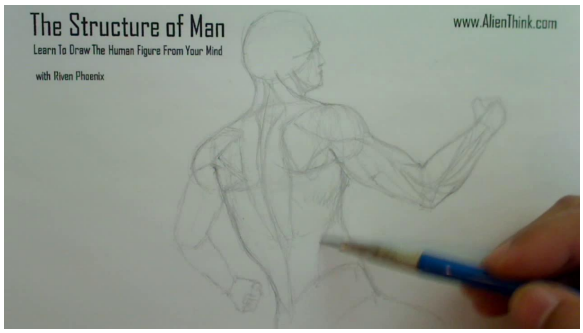
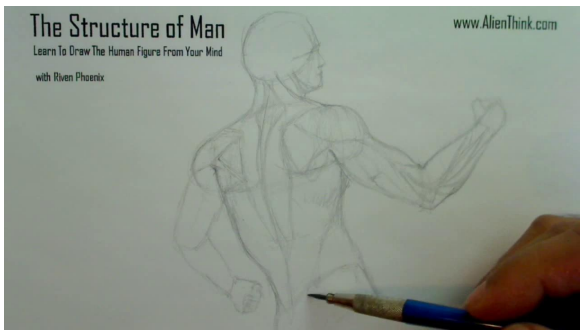
125		Like this. Just like this and then over here.
126		You just need to map out your whole understanding of this is going to be very easy.
127		So think about how this is twisting over here, right.
128		So where should the door side muscle go?

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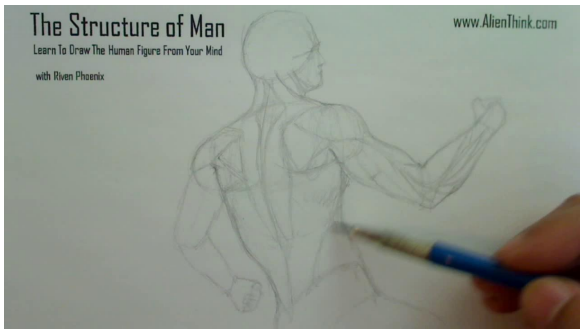
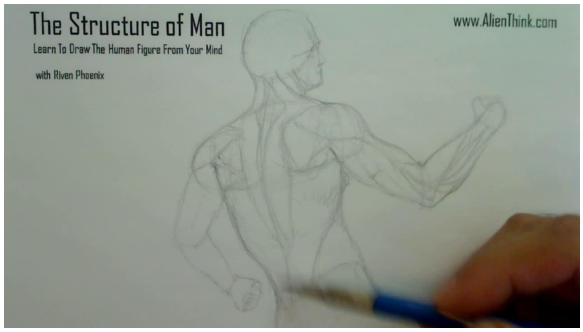
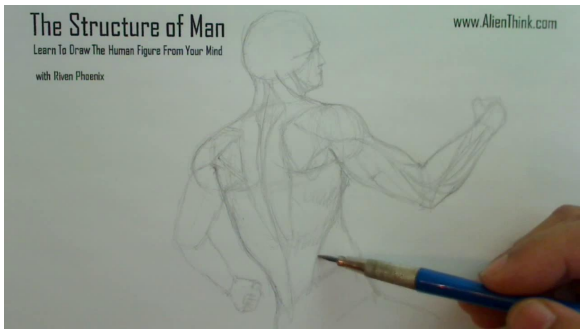
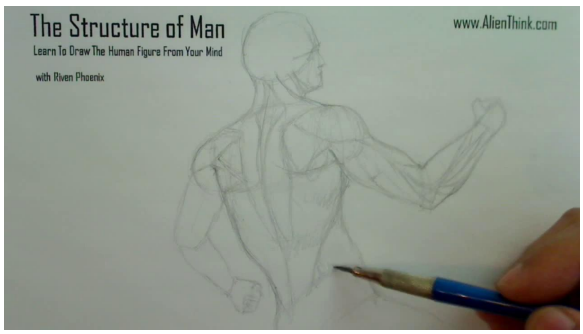
129		It's going to obviously go like this and perspective.
130		And we already know that right over here is he's going to stop being a muscle.
131		I'm going to get over here.
132		My my love handles over here like this.

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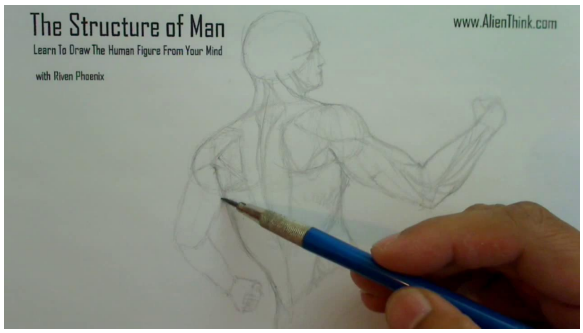
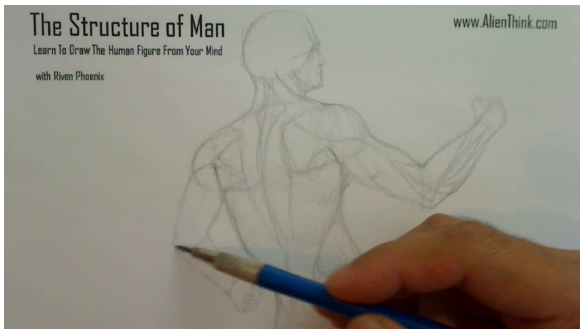
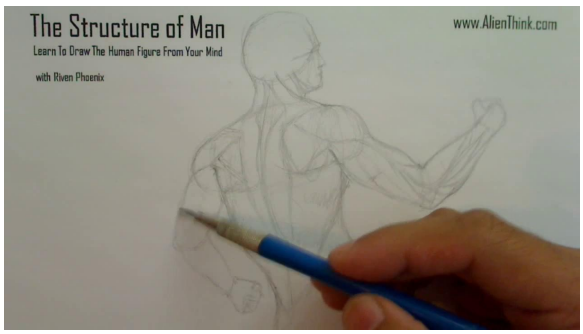
133		Right. So you can start to see how it's starting to become a figure.
134		Okay. Now we'll think about the this area over here.
135		I got my elbow over here.
136		I know that really because I have to truncate all the ideas that this is going to be now my tricep.

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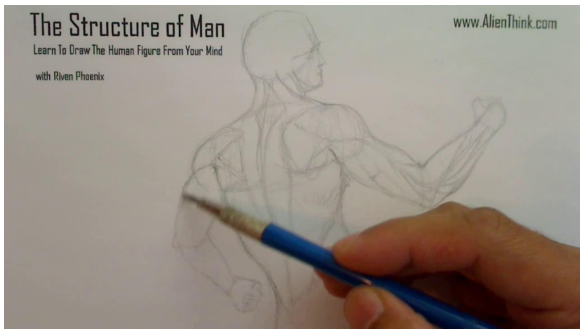
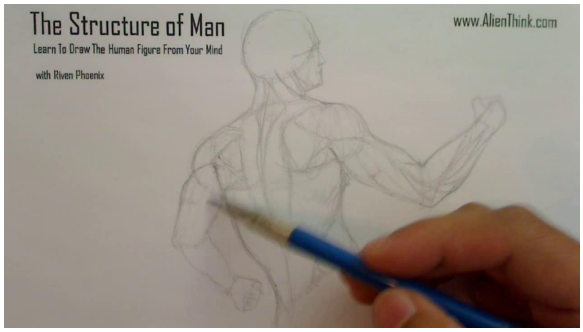
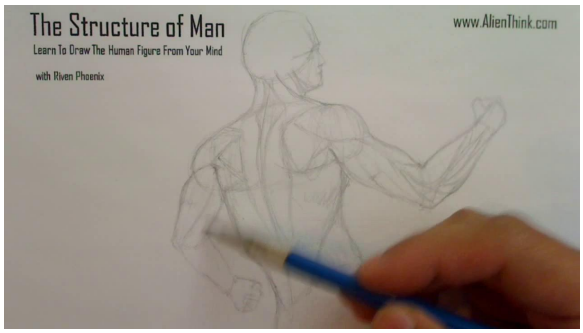
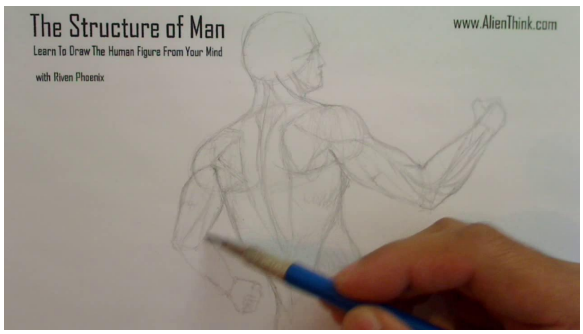
137		Kind of like this. It's going to go in over here.
138		I'm going to now start to get those ideas in here.
139		Then I'm going to get my my bicep is going to be pretty much like this over here.
140		The way we're we're putting it just like this and look when the bicep is going to come in because this is 3D.

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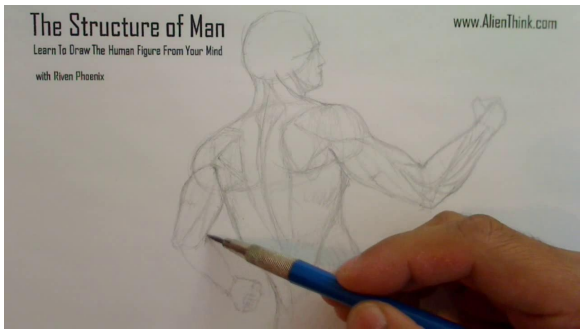
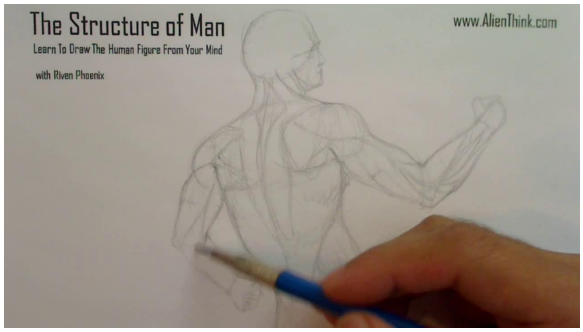
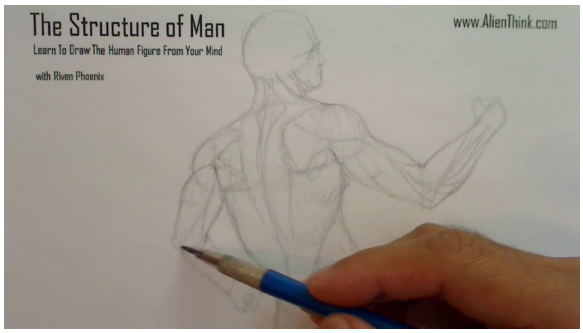
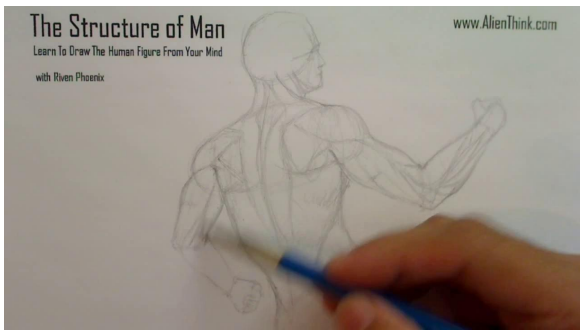
141		I'm going to go go like this over here.
142		Right. So we know that.
143		Okay. Right. The funny bone system is right over here.
144		So the tricep is really just like this over here.

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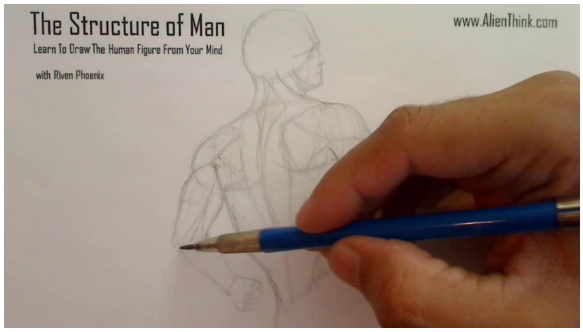
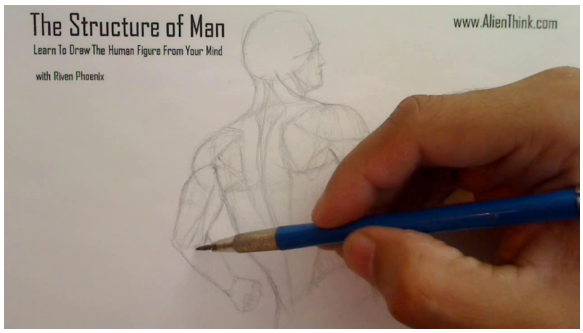
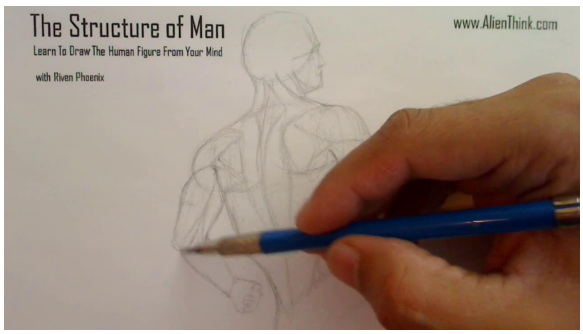
145		Right. So now think about.
146		Okay. Well, this is the the the the elbow and it's coming over here.
147		This is the funny bone system. Right.
148		So how is this supposed to work? Well, we know that right.

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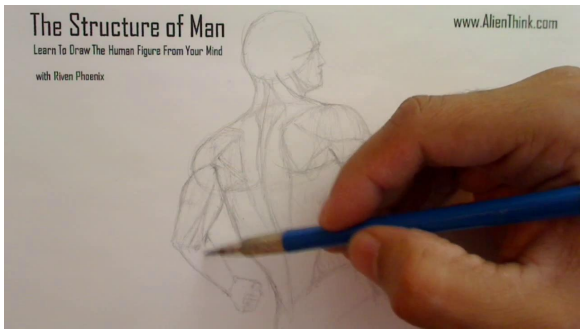
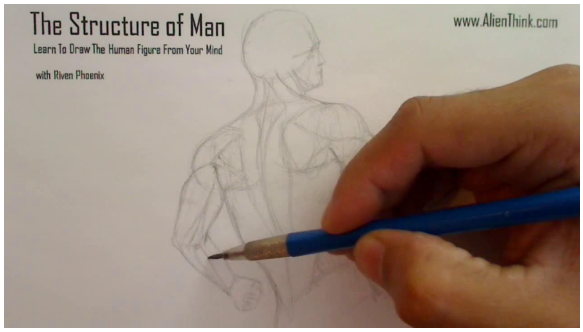
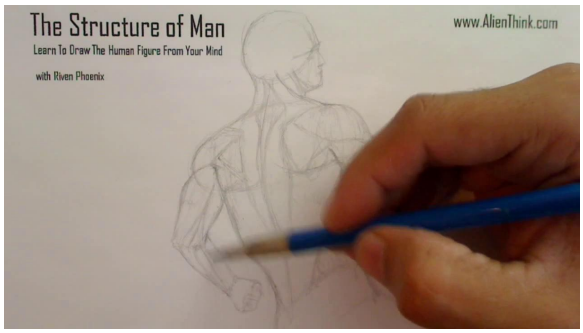
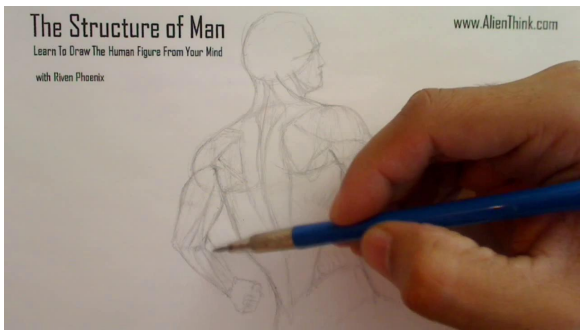
149		The number four is going to be really more under like this and we're going to get one, two, three.
150		Right. All the rest of the muscles are just going to be connecting like this.
151		Right. We know that this is then we know that this is just going to be one.
152		So over here, we're just going to get six over here a little bit. Right.

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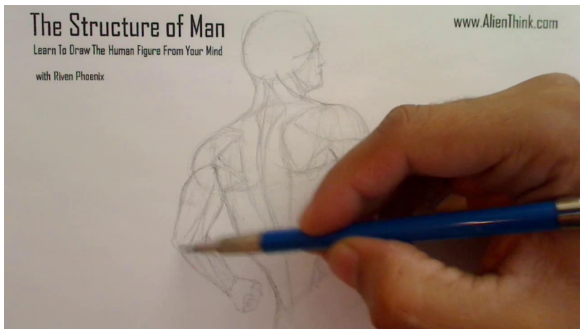
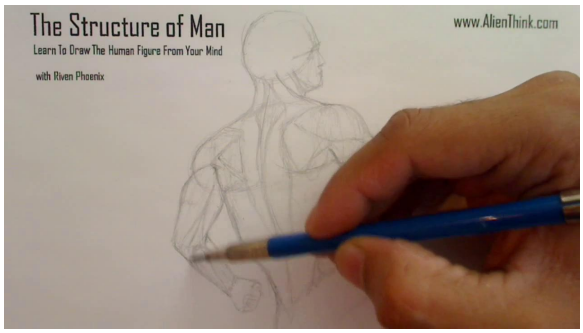
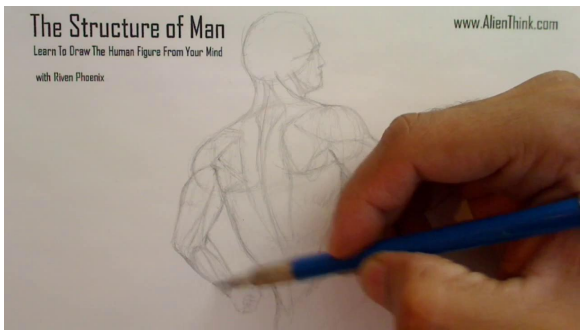
153		Because this is the elbow.
154		So what's going to happen over here is that you just got to think about it a little more and say that.
155		Okay. I'm going to make four little bigger and then on the other side.
156		I'm just going to get to at least see.

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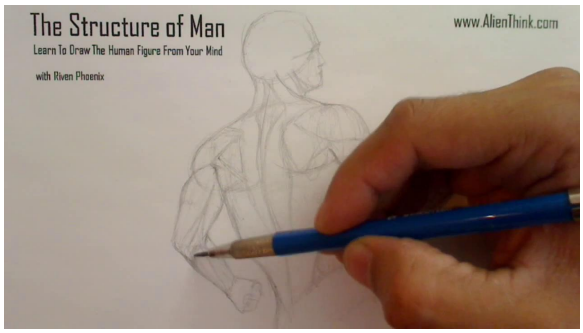
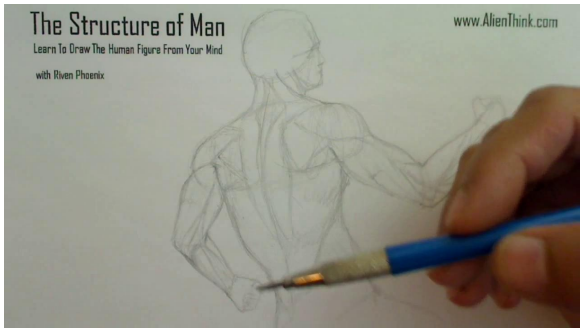
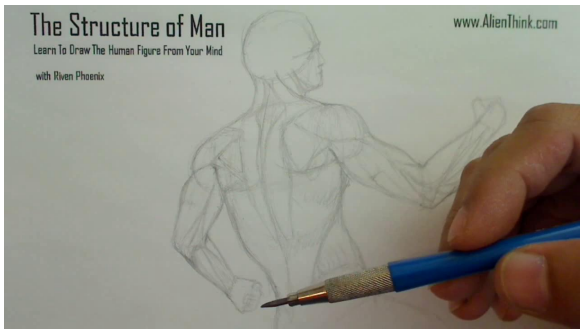
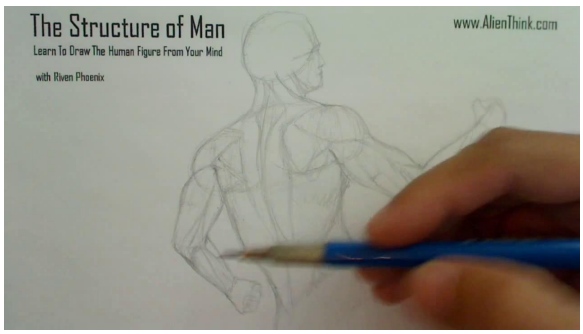
157		That the sea muscle, right.
158		So if we look at how do we come to that determination?
159		Right.
160		Actually, I mean, we're going to get to see the B muscle. Right.

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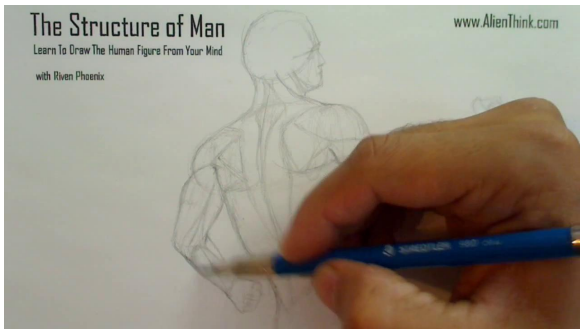
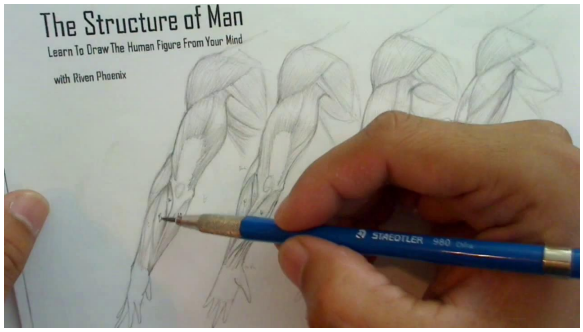
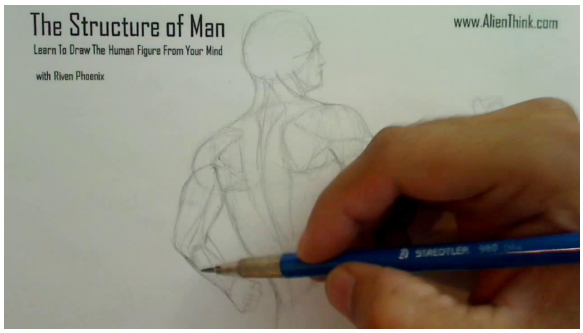
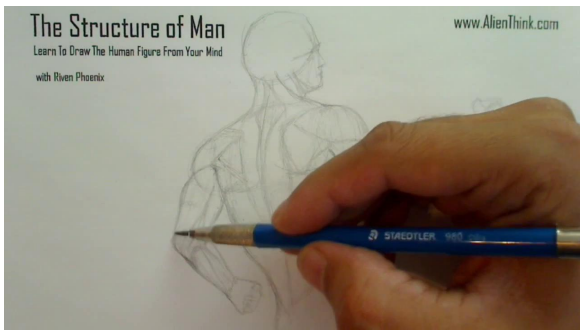
161		Sorry about that. Right.
162		We're going to get the four and the B. Right.
163		So a little bit of B. Right.
164		And then it's just going to come over here. Right. See.

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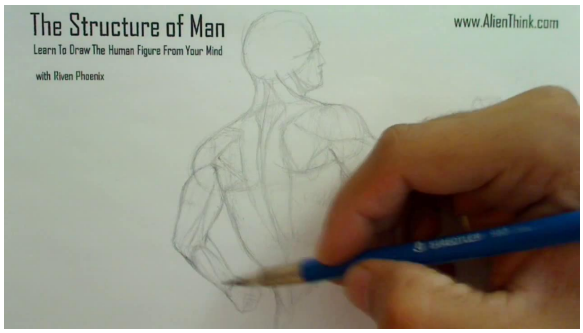
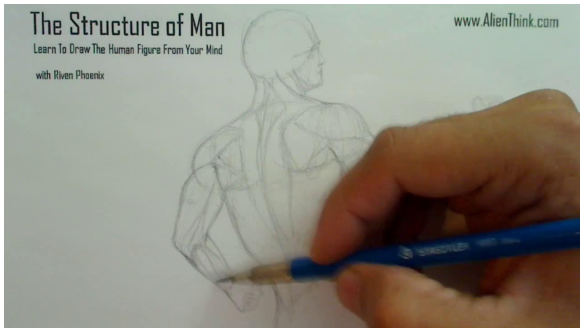
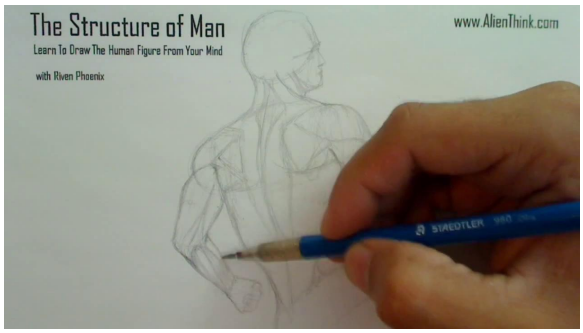
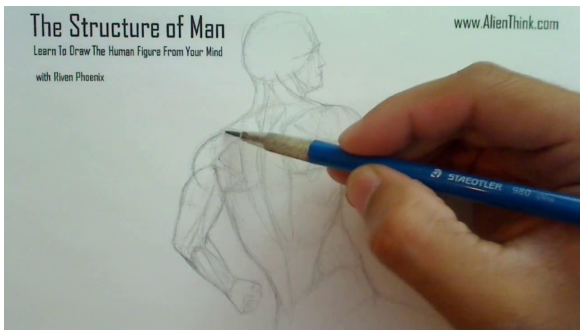
165		See is the one that connects to the top of the head. Right.
166		So just need to you don't have to map out all the muscles like this.
167		Just begin to understand where are the the curves really start to come from.
168		Right. So here we know that it's going to be like this.

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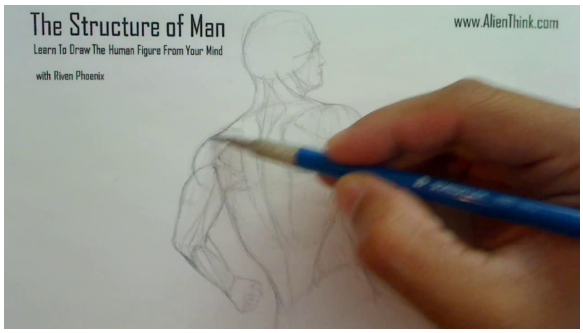
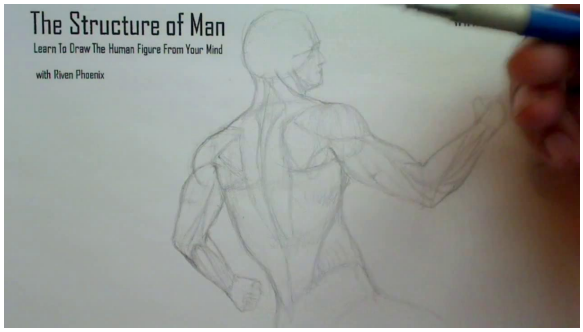
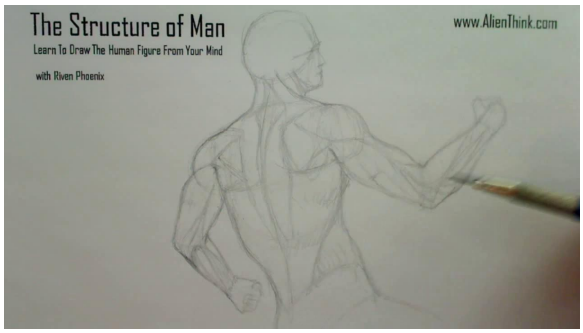
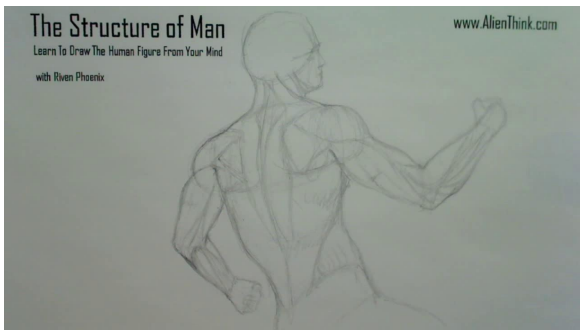
169		Probably a little dip in here.
170		Like this over here. Okay.
171		So here we put down the figure.
172		So what we're going to do in the next lesson is we're going to render this.

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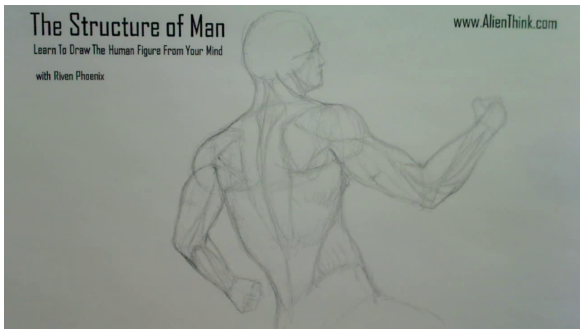
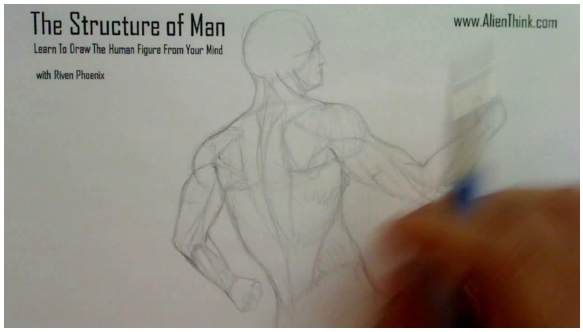
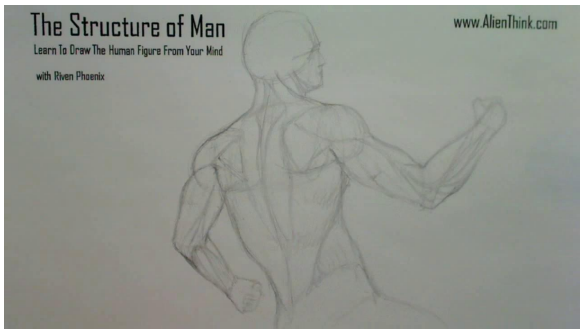
173		Right. And this is where we're going to be begin to understand.
174		The surface anatomy in some of the form.
175		So we'll see in the next lesson. Thanks.

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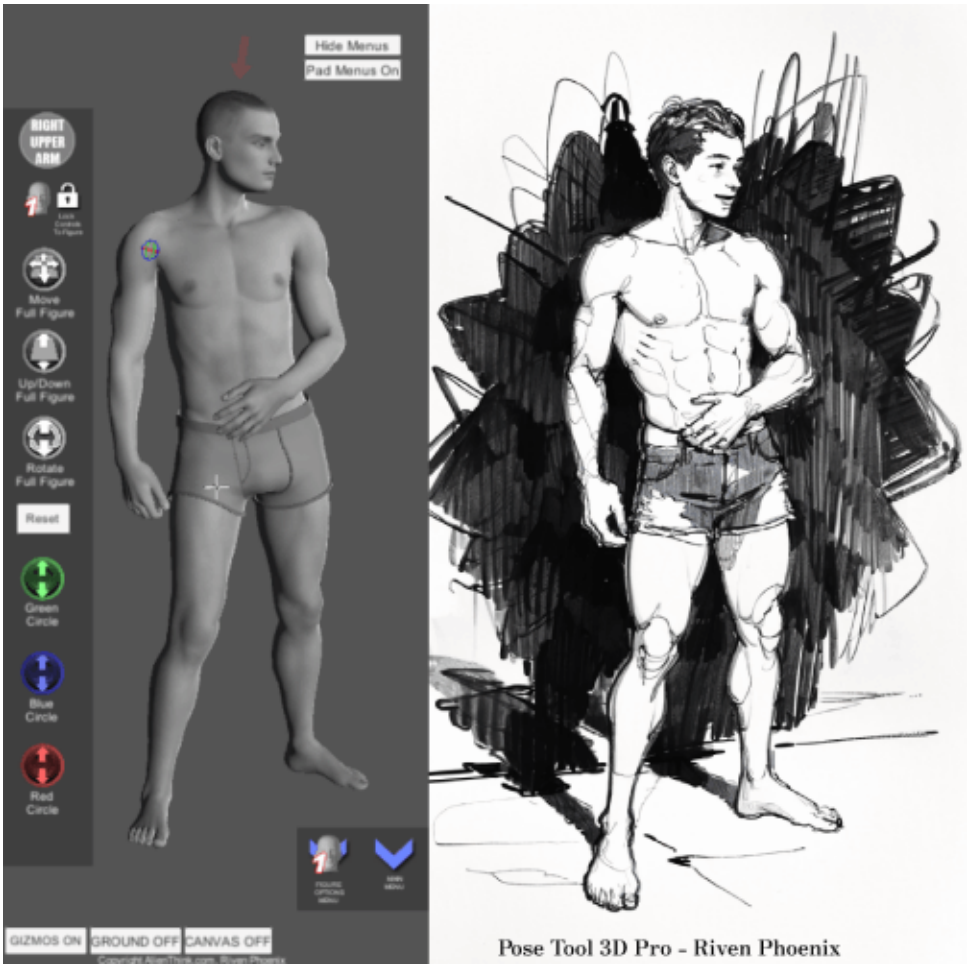

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